



Does the thought of the upcoming Holidays make you feel like this??

De-stress Your Life and Make Time for YOU!



Which Stress Type Are YOU??

The Speed Freak - the perfectionist workaholic who must do everything flawlessly and burns herself out in the process

The Worry Wart - stressed out by the smallest situation they never turn off their overactive minds

The Drifter - unsure of where they're heading, but deeply dissatisfied with life, their energy is scattered in many directions

The Loner - uncomfortable with others or giving/receiving, they often cancel on social engagements at the last minute

There is help... Join Life and Career Coach Cecile Peterkin and her associates for a fun and informative afternoon that will help you survive the Holiday madness. Explore the relaxation techniques of aromatherapy and get tips from a personal trainer on how to enjoy your life at this stressful time of year. Go ahead - do something just for YOU!



Tuesday, December 7, 2004

The Provision Centre, 10 Roden Place (Yonge north of Davenport)

Choose to attend one of our 4 sessions:

12:00pm–1:00pm OR

1:00pm–2:00pm OR

2:00pm–3:00pm OR

3:00pm–4:00pm

Investment: \$25.00

Register by phone or e-mail:

Phone: 416-416-782-5001

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