



Intuitive Counselling

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**MERRY
CHRISTMAS
AND BEST
WISHES FOR
A HAPPY
AND
HEALTHY
NEW YEAR!**

Quote: "When we change the way we look at things, the things we look at change". Dr. Wayne Dyer (he will be in Calgary in April 2009!)

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Thanks so much for your support and referrals! I will be on a week long retreat in January, learning about more emotional clearing techniques, power of our thoughts and how to increase energy vibration, so I look forward to sharing new information and insight.

SMOKE FREE in the NEW YEAR!

Any women out there wanting to quit/reduce smoking? I am offering an 8 week (4 sessions and 4 phone follow up) support program to help you become smoke free! It is a gentle and successful way that starts with reducing before quitting. If you have tried quitting before, you are ahead of the game! It can take up to 5 attempts at a quit to stop for good.

Learn about:

3 types of cigarettes.

Why you smoke?

How the addiction works?

Triggers for cigarettes.

A healthier way to deal with stress.

How to put a quit plan in place.