

JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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Wellness Programs

- HeartMath Building Personal Resilience**
February, Tues. 4, 11, 18, 25 (7-8pm) Webinar
March, Thur. 5, 12, 19, 26 (7-8pm) Webinar
April, Tues. 7, 14, 21, 28 (7-8pm) Webinar
May, Thur. 7, 14, 21, 28 (7-8pm) Webinar
June, Tues. 9, 16, 23, 30 (7-8pm) Webinar
July, Thur. 9, 16, 23, 30 (7-8pm) Webinar
August, Tues. 4, 11, 18, 25 (7-8pm) Webinar
Sept., Thur. 3, 10, 17, 24 (7-8pm) Webinar
October, Tues. 6, 13, 20, 27 (7-8pm) Webinar
November Tues. 2, 9, 16, 23 (7-8pm) Webinar

- Meditation & Reducing Stress**
January, Wed., 22 (7-9pm) Webinar
April, Thur., 23 (7-9pm) Webinar
July, Wed., 15 (7-9pm) Webinar
October, Thur., 26 (7-9pm) Webinar

- Finding My Way Home: To Who I Really Am**
February, Sat., 1 (8-12noon) Webinar
May, Sat., 2 (8-12noon) Webinar
August, Sat., 1 (8-12noon) Webinar
November, Sat., 7 (8-12noon) Webinar

- Self Mastery® Webinar**
April, Sat., 18 (8-12noon) Webinar
July, Sat., 11 (8-12noon) Webinar

- Finding Your Purpose® Webinar**
March, Sat., 14 (8-12noon) Webinar
September Sat., 12 (8-12noon) Webinar

- Life Esteem Self Mastery® Webinar**
January, Sat., 18 (8-12noon) Webinar
June, Sat., 13 (8-12noon) Webinar

- Career Transition® Coaching**
May, Sat., 16 (8-12noon) Webinar
October, Sat., 10 (8-12noon) Webinar

Holidays



Life Esteem Wellness Center

Calendar of Events

Individual Bioenergy Therapy*

[Link to: Bioenergy Therapy Sessions](#)
or call to schedule a session 626-893-0340

Training & Workshops

[Link to: The Art of Healing Training](#)
[Link to: Life Esteem Workshops](#)

or call to enroll 626-893-0340

Private Sessions

[Link to: Life Esteem Coaching & Mentoring](#)
[Link to: Health & Lifestyle Coaching](#)
[Link to: HeartMath Building Personal Resilience](#)
or call to schedule a session 626-893-0340

Life Esteem Wellness Center

Life Esteem LLC

P.O. Box 772, Perris CA 92572



www.lifeesteem.com

www.lifeesteemwellnesscenter.com

(626) 893-0340

Call for private appointment, or to register for an event.
626-893-0340

Private sessions are by appointment only. We work with each client based on their individual needs. Sessions can be in person, during a group event, or at a distance.

*Bioenergy Therapy is safe, non-invasive, patient friendly, and free of pharmaceuticals. It's a simple way of balancing your body's energy system to promote rapid healing.