

COVID LOCKDOWN RECOVERY PATH PROGRAM

AVAILABLE MARCH THROUGH AUGUST 2021



What this program offers you:

Empowerment
Healing & Self-Care
Vision & Direction
Strategies / Action Steps
Support & Help
Hope & Love
Joy & Happiness

Available Healing Modules

Expert Consultation
Life Coaching
Holistic Nutrition
Acupuncture
Homeopathy
Shiatsu
Massage Therapy
Intuitive & Tarot Readings
Amethyst Biomat Healing



ARE YOU READY TO FEEL LIKE YOURSELF AGAIN?

The past year has been difficult. Many of us - our clients, our friends, our family - are experiencing significant trauma, depression, loneliness, isolation, fear, physical ailments, chronic illness, pain, and grief, among a host of other feelings and issues left in the wake of the Covid lockdowns and restrictions. Many people were already experiencing difficulties before the pandemic due to major life changes, illness, divorce, caring for parents or special needs children, and so on. Many of you will be able to muddle through the quagmire and rejoin the world well enough, in your own time. All of our wonderful healing services and modalities are right here when you need them. However, many of us will gratefully take help in the way of care, love, support, friendship, and healing to make the transition from the darkness where we have lingered, back into the light where we need to reside in again. **Feeling empowered is the key to this healing and journey forward.**

We have been alarmed at what we are seeing in ourselves, and all around us: the steady decline of our emotional, physical, mental and spiritual selves. Many of us who have not typically struggled with anxiety and depression prior to the lockdown and restrictions, find ourselves standing on the abyss of despair. And it continues to darken our worlds. We have seen a steady increase of physical and mental health issues in younger people - and it's truly frightening. We receive calls weekly from worried parents who are looking for help for their children and are running out of ideas and resources. Although youth is resilient, it does not mean there are not consequences to their psyches and selves that will have far reaching effects: present and future. This is true for any of us at any age. Youth might be known for being adaptable and resilient but mature adults have wisdom and perspective. **And still, it is NOT enough to have insulated us from the social, physical, emotional and spiritual loss of the last year.** We all need a plan and path forward, to return to our lives,





How to Participate

Every client begins our CLR Path program with a FREE telephone consultation with our program coordinator, Janet Cabrera.

Janet has worked in the healing industry for over 40 years. She is the founder of Good Life and an expert adviser on all modalities offered in-house. After listening and talking with you, Janet will provide you with a CLR Path recommendation. You will be provided with the ins and outs of your customized plan. Janet will book all healing sessions for you at this time.

You will receive an email from Janet outlining your program and upcoming sessions.

Once you have completed all of your scheduled healing sessions, you'll have a second complimentary phone session with Janet to assess your progress and needs. You'll decide with Janet if you require additional supports and services at this time and in the future.

**Please spread the word!
Share this information
with the people who
need it most!**

**We will get through this.
Together.**

our light, and our own journeys that include happiness, joy and growth.



All of our practitioners at Good Life have enthusiastically come together to offer our community a very unique and much needed program: The COVID Lockdown Recovery Path program (CLR Path). This is a short-term program completely dedicated to providing individuals with a clear path forward to heal themselves and to reengage with their lives, families, friends and communities.

The Fun Part! Here's how the program works! Each person is an individual that has had a unique experience, and as such requires a customized healing plan. We offer a variety of healing services (preview on-line at www.goodlifeholistics.com) that will be deeply discounted in order to insure you have a complete and affordable healing action plan to support you in your Covid Lockdown Recovery!

Clients begin with a complimentary phone consultation with our founder, Janet Cabrera. Janet will talk and partner with you to determine the Good Life supports, expertise and healing therapies that will best heal you and move you forward. She will book your sessions for you (CLR Path sessions cannot be booked on-line by clients). Each person will go at his/her own pace that will feel just right and be respectfully supported.



This program is appropriate for mature middle-schoolers and adults. We do offer some healing therapies and support for 8-12 year olds - please just ask! Our CLR Path program is a short term support to get you back into the light of your life and shed the stressors that have been weighing you down during the pandemic lockdown. ***We're in this together and you can count on us.*** We are dedicated to each other and all of you. We all need to prioritize our healing and recovery and get back to living our best lives!

To Schedule/Book: contact Janet at 508-559-8004 or jlee@goodlifeholistics.com. CLR Path consultations can be booked on-line with Janet and are free of charge. CLR Path is already a deeply discounted program and as such, will not be combined with other discounts, coupons, or special offers. No exceptions. ***Let our expertise guide, help and inspire you.***

