

Go from “just trying to get through the week,” *to loving life again.*



This 6-week program will help participants create more confidence, strength, and resilience for facing life's challenges with more ease and less stress.

At the end of this program, you will be better able to:

- Bounce back quickly from obstacles and adversity
- Handle challenges with more ease
- Strategically manage energy for optimal performance
- Employ proven strategies to reduce stress and worry
- Keep negative emotions from dominating your thoughts
- Be more of the person you want to be
- Create more of what you want and less of what you don't want.

Program logistics:

- Tuesdays 6:00 p.m. – 7:30 p.m. (4/22, 4/29, 5/6, 5/20, 5/27, & 6/3)
at Pathways to Wellness, 1150 N 25th Street, Suite D, Grand Junction
- Only \$97 per person

BOOK NOW: www.creativedirectionscc.org/wellness

About your facilitator, Bobbi Kahler



For 20+ years, Bobbi has been a facilitator of personal transformation. She has coached more than 3000 people, and has appeared in articles for *Forbes*, *Thrive Global* and *Authority Magazine*. She is the author of *Travels of the Heart: Developing Your Inner Leader*, and was a contributing author to the best-selling book, *Masters of Success*.