



## So This Is My Life Saner Living Group

What: A small group of women sitting together weekly for one month, then every other week for two months, creating individualized plans for Saner Living.

You receive: Support, Feedback, Direction, Aha moments and Accountability

You have: Fun, Thoughtful Moments and Inspiration

You give: That's up to you!

You pay: \$50 per meeting

The end result: A plan for and a jump start into Saner Living!

Your fearless leader: Chris Wucherer

The time: Friday mornings 7 am to 9 am  
May 15, 2009 or October 2, 2009  
Wednesday evenings 6 pm to 8 pm  
September 16, 2009

Chris's office at 708 W. Huron St, Ste 5 AA, MI 48103

Reserve your spot now!