



What A Day I Had At Work Saner Living Group

Are you feeling frazzled, unfocused, overwhelmed with work?

Are you stressed about the shaky economy?

Are you feeling pressured and plum out of ideas for change?

If you can relate to any of the above questions, this group is for you.

What: A small group of like-minded professionals meet weekly for one month to discuss work challenges, receive inspiration, discover ways to effectively handle stress and create a Saner Living plan for work.

When: Monday 7 am to 8:45 am, beginning May 11, 2009

Where: Chris's office, 708 W. Huron St. Suite 5, AA, MI

Cost: \$50 per meeting

Reserve your spot now!