

Don't Agonize, Get Organized! Live Event in Fairfield

Reg. \$247 - **Today \$97**



Embarrassed by the cluttered state of your office?
Stressed by the number of emails in your inbox?
Feel scattered and distracted during your workday?
Having trouble finding important papers you need IMMEDIATELY?

Then this program is for you!

You'll learn how to:

- Streamline Your Office
- Make Mindfulness a part of your day
- Move from Overwhelm to Ease
- Get Relief from the never-ending email barrage
- Enjoy Your Life!

At the end of this program you will:

- 1) Understand how Mindfulness supports you physically, mentally and emotionally
- 2) Have tools to organize your office and ease stress
- 3) Know how to reduce those "email inbox blues!"

Dates: Friday, November 7 OR Friday, January 16

Time: 9 am - 12:30 pm

Where: Courtyard by Marriott, 1350 Holiday Lane, Fairfield, CA 94534

"Get It Done" Event (Valued at \$247, but actually PRICELESS: **Today's Price - \$97:** _____)

Name: _____ Date: _____

BILLING Address: _____ City _____ State _____ Zip Code _____

Phone: _____ Email: (print clearly) _____

Payment Preference (please check one): Check Cash Credit Card

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Expiration Date [/] CVV2 code (last 3 digits on the back) [] AMEX (4 digits on front of card) []

Signature: _____

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