

A Note to Myself...




Journaling for Balance in 15 Minutes or Less



“How can journaling be of benefit to me?”

“My life is so busy ... where would I find the time to journal?”

Bring this **FREE ONE-HOUR PRESENTATION** to your place of business! Through instruction, discussion and writing, your employees will learn new ways to -

-  Understand and use stress reduction skills.
-  Enhance mental clarity, concentration and energy.
-  Balance the demands of personal and professional time.



*Moxie
Consultation*

For information, contact
Rae Hight, RN, MA, LMHC
www.raehight.com
rae@raehight.com  360-895-3148