

# Time for YOU!



Are you a part of the sandwich generation?

If you are juggling care of your children, grandchildren, parents, grandparents, while still holding a job and taking care of your home, participation in *this will help you make a difference in the much needed care you give.*

**Isn't it about time you gave yourself a little time dedicated towards taking care of YOU?**

"Healthy Heart Coach" [Peggy Gleason](#) is a seasoned RN, NHD and Professional Integrative Health Coach. She is an expert in Stress management and heart healthy lifestyles. She offers this **powerful 5 week program** that will help you take back control in your life.

**Empower yourself through this program and receive:**

- **illuminating structured individual and group exercises**
- **Two 15 minute one on one calls with Peggy**
- **Access to Professional Health Coach Peggy throughout the course of the program via email**
- **Invitations to other Healthy Heart Coach group, events or calls**
- **The opportunity to have personal coaching with Peggy at a special rate**

**Your Investment: \$199 USD.**

*Class sizes are intentionally kept small, so reserve your spot early.*

**This Program will help you:**

- **Identify the stressors and create a plan to alleviate related symptoms**
- **Learn stress management techniques making each day a bit easier**
- **Develop reasonable and do-able stress reducing diet, exercise and rest programs**
- **Find time in your day for YOU**
- **Create balance in your life**

**What past clients have said:**

*"For the past year, I have been exploring possibilities for my future using integrative health coach Peggy. The personal growth and clarity that has been accomplished is immeasurable. With Peggy's guidance, I have found ways to shake off old ideas and thoughts that were clouding my life".*  
J G, - Maryland

*"With Peggy's support and guidance, I have found ways to stay focused and explore new ways in which I can move and have control over what I eat. My muscles have gained strength. Peggy has had an impact on my personal growth in the direction I need to go to be healthy again."*  
J M. -North Carolina

**Program dates**

**Tuesdays, October 4<sup>th</sup> through November 1<sup>st</sup> 2012 at 7:00 PM - 8:15PM EST**

**Tuesdays November 22<sup>nd</sup> through December 20<sup>th</sup> at 7:00 PM – 8:15 PM EST De- stress for the holidays!**

**\* Each of the 5 phone calls will last 75 minutes. Participants will call into a free conference call number, though long distance charges may apply from your phone company.**

**Contact Peggy FOR THIS LIFE CHANGING PROGRAM and start your journey toward a new YOU!**

*\*You will be contacted within 8 hours with registration information.*

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