

Are You In the Rough Surf of Life?

“How to Thrive in the Whitewaters of Change”

with Christina Kunkle, CTA Life and Wellness Coach, R.N.



“Synergy Success Tips” for Finding Peace in the Storm

Tuesday, October 18th, 2011

5:30 p.m. – 7:00 p.m.

You'll Discover how to:

- Respond well (instead of *react*) no matter what's going on around you
- Stay focused and Positive in the midst of everyday noise
- “Grow with the Flow”
- Enjoy Calm Energy using the Power of Gratitude
- Take the Synergy Shortcut

Space is limited, so save your seat early! \$15 per person
Call Spa 122 (540) 740-3211 Or Christina Kunkle (540) 746-5206

***Come Enjoy a Refreshing Evening
of Learning to Dance in the Rain!***

Spa 122 9626 S. Congress Street, Suite A
New Market, VA 22844

“Life is not about waiting for the storm to pass. It's about Learning to Dance in the Rain.” -unknown