

What a Difference a Day Can Make!

Life Strategy Workshop

Imagine if you could start living your ideal life today. What would it look like - how would it feel?

Join life coach, Stacey Vicari to examine the beliefs and behaviors that shape your life. Discover new principles, tools and strategies to help you live a more conscious and proactive life.

Living your ideal life can begin in one day. Imagine the difference that day can make!

February 20 • 9 am - 4 pm
Baptist East/Milestone
Wellness Center

\$199 - Class size limited

To register call 459-8565 or
visit myideallife.com



Stacey Vicari, Life Coach



ideal life

plan it. live it.
love it.

