



Live your Ideal Life!

Let's get started...

Some people have financial planners to help them manage their money. Others have personal trainers to help them get in shape. A personal coach is someone who can help you put all the pieces of your life together. Stacey Vicari of Ideal Life can help you make your dreams a reality. She will help you determine a vision for your life and set the goals to get there. With her knowledge and support you will be able to identify your roadblocks and create an action plan to overcome them. Your ideal life is waiting for you!

For years I've taken people on a journey that examines their assumptions, habits and energy drains. The result is a life of clearer intention based on conscious choices. Join me if you want to experience more contentment with your current life and develop a vision for your ideal life.

Stacey



Contact Stacey today!

Complimentary session.
(New clients only. First session only.)

Free Monthly Power Hour

Get motivated at this dynamic introduction.

January 12 • February 9 • March 9 • April 13 • May 11 • June 8
July 13 • August 10 • September 14 • October 12 • November 9 • December 14

Held at Baptist East/Milestone Wellness Center • 7:00 pm
Register online or by phone.



ideal life

plan it. live it. love it.

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