


HEALTHY LIFESTYLE COACHING

Signature Talk

“Ditch Dieting: What Are You Really Hungry For?”

Liz will teach you to Awaken your Mindfulness to:

- *Love how you look and feel about yourself*
- *Reclaim the energy you expend thinking about food, exercise, etc.*
- *Make lasting changes in your life without struggle*

*...so you can, both personally and professionally,
live a life of health, happiness AND success!*

Saturday, Feb. 11, 2012 • 1:00–2:00pm • \$25 per person

Livonia Yoga Center, 19219 Merriman Rd., Livonia

Liz Kearns, the Healthy Lifestyle Coach and Founder of AwakenMindfulness.com, supports high-achieving, visionary women in finally letting go of overload and overwhelm. Tapping into the power of an integrated body, mind and spirit, Liz inspires her clients to achieve their own high-energy results. Since overcoming her own struggles with overeating, overdoing and overwhelm, Liz is passionate about helping others do the same by coaching them through her proprietary Healthier, Happier Success System.™



TO BOOK LIZ FOR YOUR EVENT:

(248) 474-3982 · Liz@AwakenMindfulness.com · www.AwakenMindfulness.com

*Imagine...
Health, Happiness, AND Success*