

Just Friends

What is Life Coaching?

Come and find out what it is and how it benefits people who are motivated to live their best life.



Maybe you would like to volunteer to be coached during the session.

Date: Wednesday, January 29th

Time: 12:30—2:30 PM

Where: Our Lady Star of the Sea Parish Hall

Presenters: Lynne Martin, Empowerment Coach
Gloria Schultz, Wellness Coach

**BRING BROWN BAG LUNCH...
DESSERTS AND BEVERAGES
WILL BE PROVIDED.**