



**FUN, ECONOMICAL, CONVENIENT!
TWO TELECLASSES YOU DON'T WANT TO MISS!**

Quiet the Mind-Relax the Body

May 12, 2010

12:00noon

\$25 (\$15 if pay by May 1st)

Learn simple Mind Body Techniques to de-stress and relax. Attendees will experience how important deep breathing is to relax the body and allow the mind to focus. As a result, you'll discover new awareness, solutions and challenges.

How Should I Say It?

May 26, 2010

7:00pm

\$25 (\$15 if pay by May 1st)

Communication challenges arise in our career and our personal lives. This teleclass will provide all the how to's for:

- 1. Asking for what you want**
- 2. Redirecting poor behavior (to an employee or child)**
- 3. Clarifying miscommunication to avoid conflict**
- 4. Negotiating "win-win" solutions**

Teleclasses are a fun, economical, convenient way to hone on your skills. Don't miss out. Reserve your spot today! mrjgrow@verizon.net

\$10 off (only \$15) if register and pay by May 1, 2010

Register for both (only \$30) if register and pay by May 1, 2010



**Marjorie R. Johnson, LCSW, ACC
President**