

Can I do this?

Change the Life You Have to the Life You Want

Asking the question "Can I Do This?" implies two things:

You know that a better life is out there.

But, you don't know ...

What you want • What to change • How to change it

Or... if you can actually pull it off!

Scott Tate, Cheryl Laird, and Erica Brandl are here to
tell you that **YOU CAN!** Join them for:

"CAN I DO THIS? Change the Life You Have to the Life You Want!"

Saturday, November 14, 2009

8:30 am – 5:00 pm

Unitarian Congregation of Guelph

122 Harris Street at York Road

Lunch provided by Sprouting Life

\$75 per person before November 4 (\$85 afterwards)

Limited to 50 people

Group rates available

REGISTER NOW AT: www.yesyoucan.somethingon.com



Erica Brandl
Learning Evolves



Scott Tate
*Choose to
Stay Well*



Cheryl Laird
*Cheryl Laird
Coaching*

*Harness the triad of Focus, Meaning, and Physiology as the key
components to giving you back the control to say "YES! I CAN DO THIS!"*