



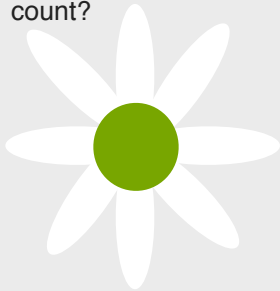
Individual, Couples, or Groups

Intensive

Spring Tune-Up

Life is a gift. If we live to the age of 95, we will have been given **34,675** days. Do the math:

1. How old are you?
2. Multiply x 365 (the days you have already lived)
3. Subtract from 34,675 (assuming you live 95 years)--this is the number of days left to live!
4. Why not make each day count?



Schedule your Tune-up!

For more information, email Janell, janellrardon@gmail.com.

Visit www.janellrardon.com and read more about *Fresh Starts*, Janell's private coaching practice.



Be Remarkable: (3) Hours to Becoming a Remarkable You or "We"!

"We are products of our past,
but we don't have to be prisoners of it."

-Author and Pastor Rick Warren

Tune-Up: a general adjustment to insure operation at peak efficiency

Who doesn't want to operate at "peak efficiency?" I know I do. This 3-hour intensive is designed for individuals, couples, or groups (limited to 6 per group); specifically focusing on letting go of unhealthy behavior patterns (such as anger, worry, anxiety, stress, busyness, fear, insecurity, people pleasing, etc.) and communication skills in order to begin practicing healthy behavior patterns and communication skills. Join Janell as she sets valuable time aside for intentional heart work, soul searching, goal setting, practice habits, life mapping, practical exercises, and life coaching/counseling--all to invite true life change.