

Presented by

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Harvard Medical School trained Clinical Psychologist and Transformational Coach

4th annual New Year's Event: A Time for Reflection and Renewal

Creating a truly meaningful life begins with becoming clear about what matters most to you.

Join me for this 5-hour interactive workshop to say goodbye to 2016 and create intentions for 2017. Take time from the hustle and bustle to turn inward and reflect on what is truly important to you.

What do you want to create in your life this coming year? Explore what you have learned in 2016 in order to help you move forward in the fullest expression of yourself in 2017. Using guided visualization, journaling, heart-centered sharing and meditation, you will have an opportunity to release the stress of the holiday season, tune in to your heart's longing, and start the new year on a path toward more fulfillment.

**Sunday, Jan. 8, 2017
Noon to 5 p.m.**

Beltrone Living Center
6 Winners Circle
Colonie, N.Y.



REGISTRATION INFORMATION

REGISTER BY
DEC. 28 FOR
\$80 EARLY BIRD
RATE

• Cost is \$100
Lunch is included

Register online at
www.louisefinlayson.com
and click on Events

For more information, call
Dr. Finlayson at 518 218-0707