

FREE Life-Changing Event

Living Fully!



Learn to Lead a More Rich and Fulfilling Life!
3:00 – 4:30 p.m., Saturday, March 8, 2014

Presented by Lynn Oschmann

Life and Transformation Coach
A FREE event sponsored by the
Monterey Bay Holistic Alliance

Monterey Public Library

625 Pacific Street
Monterey, CA 93940
Community Room in the back of Library

How Fully Are You Living?

Explore the top "Five Regrets of the Dying" from Bronnie Ware, and turn these into *positive intentions* for living. Discover what areas of your life need loving attention, through group discussion and individual reflection, and create your action plan to lead a richer and more fulfilling life! Lynn Oschmann is a professional Life and Transformation Coach, certified by the International Coach Federation. She helps clients live more fully through one-on-one coaching, workshops, and teleclasses. Join her for this life-changing event!



Disclaimer: The Monterey Bay Holistic Alliance is an independent nonprofit 501(c)(3) organization. The Monterey Bay Holistic Alliance does not endorse any particular products or practices. We exist as a registered nonprofit educational organization dedicated to providing free access to health education resources, products and services. **This program is not sponsored or endorsed by Monterey Public Library or the City of Monterey.**

Copyright © 2014 The Monterey Bay Holistic Alliance Contact Us - Email: mbholistic@gmail.com Phone: 831-272-2781
Website: www.montereybayholistic.com Facebook: www.facebook.com/MontereyBayHolistic
Meetup: www.meetup.com/MontereyHealthWellness