

# TICK TOCK

**GET IT DONE**

Saturday, January 30, 2010  
9AM to 3PM

**A one-day workshop designed to help you accomplish more in less time with less effort!**

Located @ Aviante Health & Wellness Center  
778 Greenwich Avenue Thousand Oaks, CA

Only \$49!  
Register today! Call 818.661.8732

# TICK TOCK

Start the new year off in control of your time and energy! During this fun and insightful one-day workshop, you will learn how to:

- Say "no" to others and say "yes" to yourself
- Take better care of yourself
- Get more done in less time
- Get rid of energy-draining people and tasks
- Have more time for fun

**Enjoy a day exploring your possibilities with like-minded people who support making a difference in personal growth.**

Presented by  
**Intention Coaching**  
Nancy Ward 818.788.4061  
Peggy Mack 818.429.9755