



JC Williams Group invites you to:

Jump Start your goals for 2014!



- **Wednesday, December 11, 2013 (and second Wednesday of each month in 2014)**

6:00 PM to 7:15 PM

- **Thursday, December 12, 2013 (and second Thursday of each month in 2014)**

1:00 PM to 2:15 PM

**LOCATION: Body By X Skill Development & Training Center
5768 Paradise Drive, Corte Madera, CA**

Our first meeting will be to get us a jump start on our 2014 New Year's Resolution for fitness, wellness and our life! Meetings will be monthly on the 2nd Wednesday evening and 2nd Thursday afternoon of each month *and are complimentary*. Join us for a great overview of the coming year's talks, get a calendar, share some snacks and meet some new friends. You will also meet Jill, Xavier & Nadia McClinton and some of our featured guest speakers for the coming months! Get a tour of the Center, some information on future topics, and come away with our sponsor gifts! We look forward to seeing you!

2014 Topics

- Re-Framing: No Hammer Needed!
- Why Food Matters: what you need to know
- Bodywork: Luxury or Necessity?
- Transcending your Comfort Zone
- 5 Habits of Happiness
- Don't let Pain Rule your World - living with chronic issues
- What is Wabi-Sabi?
- Sensuality: Reframe your Bliss
- Are you addicted to melodrama?
- What's' your personal brand?
- Discover your signature strengths!
- Bone Density after 40 - best methods to maintain and current information

SPONSORS:

- JC Williams Group; Jill C Williams, MS, CPT www.jcwilliamsgroup.com
- Body by X; Xavier and Nadia McClinton www.getfitmarin.com

PERKS FROM: www.nutritiouslivingtoday.com & www.wholeself-health.com

QUESTIONS? Please contact Jill Williams @ 415-717-3046 or Email Jill

To register: <http://www.meetup.com/emergeU-Get-Fit-Marin/>

Please circulate this Announcement to your Associates!