

ORGANIZED AND ENERGIZED

Do you feel like your life is cluttered, chaotic & out of control? Like you don't have enough time, money or energy? **Stop! what you are doing right now and mark your calendar to attend "ORGANIZED AND ENERGIZED" at North Bend State Park, January 30, 2010.**

Discover the SECRETS of:

- HOW to **organize** your mind, CLEAR the CLUTTER and identify your organized personality.
- HOW to **reduce stress**, increase your focus and build a strong, flexible, healthy body.
- HOW to be financially fit and **save money on a shoe string budget**.
- LEARN HOW INTEGRATING organization, financial fitness, and mind body care creates a POSTIVE personal and professional life.

Invest in YOURSELF and join us for the NEW INTERACTIVE AND ENERGETIC one day event!

HERE'S THE SCHEDULE

- 1:00-3:00 Welcome, Introductions**
DISCOVER YOUR ORGANIZING PERSONALITY
By the Organizer
- 3:30 - 4:00 Break**
- 4:00 - 5:00 Stretching** MG PILATES STUDIO
By Mary Gardner Stewart
- 5:00 - 5:30 Nutrition and/or Financial Fitness**
- 5:30 - 6:30** **YOGA**
by Johnna Darnell
- 6:30 - 7:00 Ask the Experts and Door Prizes**
Dress is casual, comfortable clothes and shoes. We will be stretching and flexing.

EVENT PACKAGE

- Workshops only, refreshments and door prizes. – \$35.00 per person
- One night at North Bend Lodge, the workshops, refreshments and door prizes. – One person \$93.24
- One nights lodging, the workshops, refreshments and door prizes. – \$128.24 for 2 people.

To register or for reservations: call, 304-643-2931.

About the Speakers/Instructors

Organizer: Tammy O'Neil. Tammy is an author, speaker and consultant who is passionate about helping her clients remove clutter and chaos from their lives... Reclaiming their time, energy and & money! Tammy has spent the past 30 years developing efficient systems and tools! Her business degree, nonprofit volunteer management experience, and active community volunteer work have enhanced Tammy's combined unique gifts and creative organization.

Yoga Instructor: Johnna Darnell. Johnna is certified in Hatha Yoga in the Kripalu traditions, Sports Yoga, Spencer Mat Pilates, Reformer 1 and is a Holistic Stress Management Specialist.

MG Design and Pilates: Mary Gardner Stewart. Mary is trained and certified to teach Mat Pilates for Seniors, and Reformer. She is a student member of the Pilates Method Alliance (PMA) and loves to continually educate herself in Pilates. She truly enjoys sharing the benefits of Pilates with others and loves to see the transformation of both her student's bodies and their abilities.