



Bad Romance or Lifelong Love? Creating a Healthy Bond with Food. Forever.

WHO: Are you someone who...

- ...has been frustrated by diet approaches that don't work or don't last?
- ...is concerned that being overweight or poorly nourished could make you sick?
- ...has difficulty accepting your body?
- ...longs to create a healthier relationship with food?

If you answered “**YES**” to any of these, and **you are ready to create a healthy breakthrough**, then this conversation is for you.

HOW: An 8-week over-the-phone coaching series with two experienced nurse practitioner health and wellness coaches. This powerful small group inquiry is designed to create sustainable breakthroughs in your well-being. You can expect these calls to be highly-engaging, fun and occasionally fierce.

WHAT: Coaching is an individualized and dynamic process which helps to successfully focus your **intention** and direct your **attention** to the things that matter most to you. Together, we will work to increase your clarity and effectiveness as you set and implement achievable goals that move you toward your vision of optimal well-being.

WHEN: Tuesdays ● September 11- October 30, 2012
2-3 pm EDT / 12-1 pm MDT / 11 am-12 noon PDT

- If you will miss more than one session during the 8 weeks, we ask that you wait for a later seminar so that you can participate fully.
- group size is limited to assure maximum participation.
- accepted on a first-come, first-serve basis.

QUESTIONS? Julie Alexander at Julie@thecorepartners.com or call
Eileen O'Grady 703.864.4275

The Nurse Practitioner Coaches:

Julie Alexander is a Family Nurse Practitioner and integrative health coach whose passion is to help people “flourish where they are planted.” After more than 25 years in nursing and healthcare consulting, Julie is delighted to be able to bring more health to healthcare through individual and group coaching.

www.thecorepartners.com

Dr. Eileen O'Grady is a certified nurse practitioner and wellness coach who helps people align what they want with what they do. She helps organizations and the people that run them emphasize how to be a better guardian to the self. www.eileenogrady.net