DEFRATE & PAAVOLA LLC
FINANCIAL CONSULTANTS

Holistic Solutions to Health & Wealth Series

# Facing Your Fears & Taking Risks

Has fear ever held you back? Have you settled for less than you want in your career, finances, or relationships out of your reluctance to ever take risks—-even risks that would help you to grow in your personal or professional life? Do you live in what feels like a constant state of worry and stress? If so, you definitely aren't alone. Join us for this experiential workshop, where you will learn to assess your own self-limiting fears and explore their possible roots. Most importantly, come and discover effective strategies for gaining the confidence you need to finally break free from your fears and take back control of your life.

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| **Two dates in November !** | Monday, November 10th | 6 – 7:30pm |
| | Tuesday, November 18th | 6 – 7:30pm |

**FACILITATORS**

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| Mary Lou McNichol | Wellness Coach |
| Katriina Paavola | Personal Financial Advisor – DeFrate & Paavola LLC |

**LOCATION:**

DeFrate & Paavola Financial Planning offices
1697 Broadway, Suite 500 (entrance on 53rd street, just off of Broadway)

**FOR MORE INFORMATION AND TO REGISTER, PLEASE CALL 212 707-8754**

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Financial planning and advisory services offered through PFG Financial Advisors Inc., a Registered Investment Advisor