



DEFRATE & PAAVOLA_{LLC}
FINANCIAL CONSULTANTS

Holistic Solutions to Health & Wealth Series

Living in Balance

Feel like your life is out of balance? This interactive workshop focuses on assessing your health in 6 dimensions--physical, emotional, spiritual, social, financial and career-- and teaches you simple, proven techniques for achieving a more balanced life. And the best part? These techniques can be incorporated into your own life in just 5 to 20 minutes/day. That means a big difference in your overall health for a small investment of time!

**Two dates in
October !**

Wednesday, October 15th 6 – 7:30pm
Thursday, October 23rd 6 – 7:30pm

FACILITATORS

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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