



DEFRATE & PAAVOLA LLC
FINANCIAL CONSULTANTS

Holistic Solutions to Health & Wealth Series

Acting With Intention

How many decisions do you make everyday that affect your life-- economically, physically, emotionally, spiritually? The answer might surprise you. If you drift through each day on "automatic pilot," you are missing opportunities to shape the course of your life. In this workshop, you'll start by exploring factors that influence your own decision-making style. And you'll learn techniques that will enable you to make more of your decisions in an intentional way. Why does this matter? Every decision consciously made is a seed planted for the future. Your future... and it starts now.

**Workshop offered
on 4 different times:**

Saturday, June 14th 1 - 2:30pm
Thursday, June 19th 12 - 1:30pm
Thursday, June 19th 6:30 – 8:pm
Wednesday, June 25th 6:30- 8pm

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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