



The Source Foundations
12-Month Tele-Class
Coaching with Julie Hammerstein, CN



I will help you overcome...

- Fear
- Stress
- Toxic Food
- Toxic People
- Procrastination
- Negative Self-Talk

...And develop a personalized wellness and life plan through the areas of:

Goals & Organization	Spirituality & Faith
Movement	Passion & Purpose
Balance & Fulfillment	Relationships
Rest & Relaxation	Nutrition & Water
Gratitude & Attitude	Curiosity & Learning
Service & Giving Back	Adventure

Tele-Class Clients will receive:

- Source Enrollment & Course “Playbook” (see www.ilivethesource.com)
- Personal access code for twelve, 60-minute Tele-Classes
- Weekly Source Connections (emails) & Individual Support

Monthly Tele-Class Schedule

Conference Calls will be held every 2nd Tuesday at 12 p.m. (MST) and 7pm (MST)
Beginning Jan. 10, 2012 and continuing through Dec. 11, 2012

For information and to REGISTER, go to: www.ILiveTheSource.com