

## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

### **“Who Wants to Lead a More Balanced and Fun Life?”**

**Led by Fran Miller**

**Wednesday, February 22**

**7:30-9:00 pm**

**Cost: \$15**

- Do you have little down time but yearn to simplify?
- Does your life revolve around your work?
- Do you wish for more creative ways to find friends and have fun?

Through this interactive workshop you will discover ....

- How to unlock your magnificence
- An easy tool for balancing your life
- Three keys to immediately revitalize your life
- One key exercise to immediately relieve stress

Come spend the evening immersed in fun, laughter, and stories as you experience an interactive workshop that will change your life.

"Working with Fran helped me focus my scattered energies in the direction that I most wanted change. Her holistic, experienced advice along with her encouragement helped me to manifest changes I never thought I had the where with all to produce in my life. She does this by allowing you to unfold instead of pushing before you are ready. I highly recommend Fran as a ... coach."

Register today before the workshop is full!

Fran Miller, MA, is a personal anthropologist and coach of Full Circle Fulfillment. She specializes in supporting people who are either overwhelmed or people who wish to reach for greater opportunities to improve their lives. Clients report they develop healthy boundaries and regain balance in their personal as well as professional lives. They gain strategies to develop meaningful goals that rejuvenate them and connect them to their communities. They learn the value of living in full potential based on their strengths and gain accountability to make their goals happen. [www.fullcirclefulfillment.com](http://www.fullcirclefulfillment.com)

"Who Else Wants to Lead a More Balanced and Fun Life?"

### **Angela Center Reservation Information**

Please pay the full amount when you register. For overnight programs, payment will be refunded, less a \$35 processing fee, if you cancel two weeks before the

program date. No refund will be made after this date. For classes, one-day workshops and seminars, no refund will be made after the starting date.

To register, mail a check to the:

**Angela Center, 535 Angela Drive  
Santa Rosa, CA 95403**

along with your name, mailing address, phone number(s) and the name of the class(es) or workshop(s) you want to attend.

For further information call the Angela Center between 9am-2pm, Monday through Friday at 707/ 528-8578. Work/scholarship assistance is available for most of our programs. Please call for more information.

**[www.AngelaCenter.com](http://www.AngelaCenter.com) - 707.528.8578**