

Lifestyle Balance, Inc.



Mind . Body . Soul

A panel discussion with Dr. Roxanne Dryden Edwards, Dr. Vanessa Allen, and Professional Life Coach Andrea Richards Scott which highlights what you must do to attain work/life balance and live the life you were created to live.

- Learn how to manage your stress with straight forward techniques that anyone can incorporate into their daily routine.
- Learn simple strategies that will help you embrace a healthy lifestyle.
- Learn how to use the power within you to manifest your dreams, live your life on purpose and be the person you were created to be.

Customize this program to meet your organization's unique needs

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