

Free Zoom Webinar with B'Lue
Sunday, July 19 at 2PM PST

**Healthy Lifestyle
for Longevity & Vitality**



**Release fear, pain and limits.
Free You To Be Your Best.**
“What you already know but may not do.”

Healthy Reminders:

Nutrition..... *Ingest the best.*
Movement *Keep moving.*
Sleep *Rest for energy.*
Body *Practice self-healing.*
Learning..... *Be curious.*
Time *Use resources wisely.*
Purpose *Focus on what matters.*
Relationship *Show kindness.*
Inspiration..... *Be mindful & listen.*
Clearing..... *Release the valueless.*
Choice..... *Choose what works.*
Gratitude..... *Be thankful.*

I will send the Zoom link. (This will be recorded as well.)

Upcoming workshops:

Gratitude & Prosperity Sunday, August 23 at 2 PM

Betty Lue Lieber PhD, LMFT: *Creative Solutions Coaching/Counseling*

www.BettyLue.org BettyLue@BettyLue.org

Robert Waldon, ND, PhD: *Life Purpose Readings (recorded)*

Robert@ReunionMinistries.org