



“How to Be Happy and Unstressed No Matter What’s Going On!!”

Led by Professional Coach, Chris Coward, MSW, LCSW, ACC

You don’t need to tolerate feelings of overwhelm, stress and unhappiness. This workshop will get you **feeling good** again using cutting edge techniques that you can easily learn and do on your own.

You will learn:

- ***The #1 Secret to Being Happy*** and how you can increase your happiness right away
- How to **decrease your stress** and overwhelm in as little as 5 minutes a day

Bonuses:

- Refreshments at each session
- Workbook included (\$25 value)
- 30 minutes “Increase Your Happiness” Coaching Session with Chris (\$100 value) = **\$125 in FREE Bonuses**

4 Week Workshop Series (limited to 12 people)

Tuesdays 6:30-8 PM (4/21, 4/28, 5/5, 5/12)

Studio 34 Yoga

4522 Baltimore Ave.

Philadelphia, PA 19143

Yes, sign me up for the 4 week workshop on “How to Be Happy and Unstressed No Matter What’s Going On”

Name: _____
Primary E-mail: _____
Phone number: _____

Payment: Please send check for \$100 to “Chris Coward” by 4/15. After 4/15, the class fee goes up to \$125 OR you can pay by PayPal to chris@coachingtofulfillment.com

Please return Registration form and payment to: Chris Coward
4503 Kingsessing Ave
Philadelphia, PA 19143
www.chriscoward.com, (215) 472-1572