

# Holistic Health Discussion Series

## How Energy Impacts Our Daily Lives

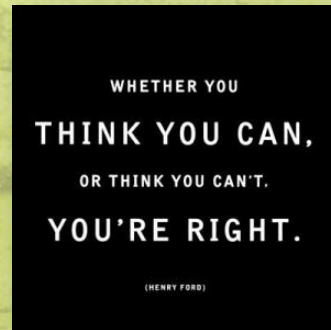
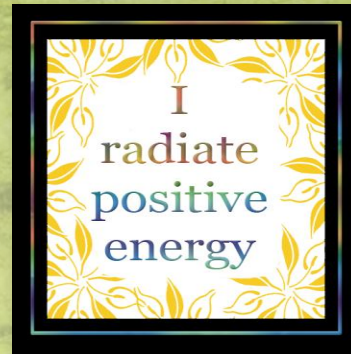
**Tuesday, April 10  
6:30 - 7:30**

Energy is everywhere and within all of us. Yet, many have no idea how their own energy can positively or negatively affect their life and the lives of those around them.

In this discussion you will learn how different energy manifests, how negative thinking or your life situation might be creating stress and how your attitude and energy can hold you back from the life you really want and deserve.

This discussion is being presented by  
**Mandy Rocznik**  
MS, ATC, CPC  
Energy Leader Master Practitioner

**Inner Winning Coaching &  
Consulting**  
[www.coachmandy.com](http://www.coachmandy.com)



Coach Mandy Rocznik received her Professional Coaching Certification and Energy Leadership Index Master Practitioner Certification in July of 2010 from the Institute for Professional Excellence in Coaching (iPEC). Mandy also has a Master of Science in Human Performance,



**860-295-0000**

**Please Reserve Your Spot**

**Space is Limited**

***Inspirations by Robin***

**2 Independence Dr. Marlborough**