



Chronic conditions. Limitation. Isolation. Energy Drain.

You are not alone

Arthritis ~ Fibromyalgia ~ Migraines ~ Diabetes ~ Chronic Fatigue ~ Asthma ~ Lupus

As women, we often push ahead, doing what we 'should' be doing - usually caring for others - while overlooking our own wants and needs. Too often other people don't understand what it's like to live with these chronic conditions, mostly the emotional and physical energy drains that isolate us. We are also like everyone else, with goals, hopes and dreams for our lives.

Join a PowerCircle !

Empower yourself ~ by joining with other women who live with chronic conditions. Inspire and motivate each other with weekly LIVE group PowerCircle phone calls. Plan strategies and practical steps towards your goals in life by sharing experiences and ideas with those who understand first-hand what it's like to live with these potentially debilitating conditions.

Get focused ~ Find motivation ~ Feel energized!

You will learn, laugh, cry and grow with this sisterhood of women. All you need is a telephone and one hour for the first 3 Thursdays of each week. Linking to this community moves you closer to getting what you want out of life! A three-month program is a recommended starting point and you choose how much longer you'd like to be a part of your PowerCircle community.

Ease your isolation ~ Accomplish your goals!

The PowerCircle meets Thursdays at 11am ET

Monthly PowerCircle membership - only \$97!

**Break
Out of the Ordinary!**

www.BreakOutOfTheOrdinary.com

Join Christine Clifton

For a

FREE

**PowerCircle
Experience**

**Monday, December 8th
7:00pm ET**

Experience for yourself a LIVE PowerCircle — and gain valuable support and guidance.

Christine is enjoying a full life while healing from chronic pain & fatigue. She's a successful Wellness Coach because of these experiences, her education from Coach U, her corporate coaching experience in HR and Sales, and the success of her clients!

Contact Christine Clifton today to RSVP for the December 8th FREE PowerCircle! Receive a special offer when joining this call - it's my gift to you!

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