

# ARE YOU RUNNING FASTER AND FASTER JUST TO KEEP UP?



Join life coach **Joseph Askin, M.D.** at the **Centre for Sleep and Human Performance for Life in the Balance**, a series of workshops designed to help you restore clarity, focus and peace to your life.

- May 2, 2008: **Passions and Priorities** – discover and pursue what really matters to you.
- May 9, 2008: **Space, Time and Energy** – use your time and space to increase your energy.
- May 16, 2008: **Good Fences, Good Neighbours** – live free from resentment and over-commitment.
- May 23, 2008: **Life in the Balance** – plan a more balanced and satisfying life.

Each session runs from 1:00 to 2:00 pm. The fee for the entire series of workshops is **\$150 for registrations before April 18**; thereafter, it is \$175. Register early, as space is limited. Speak to Jan at the Centre for Sleep and Human Performance (254-6663).