




A Note to Myself...

Journaling for Balance in 15 Minutes or Less



Bring this FREE ONE-HOUR PRESENTATION to your nurses and other health care providers! Through instruction, discussion and writing, your employees will learn new ways to:

-  Understand and use stress reduction skills.
-  Enhance mental clarity, concentration and energy.
-  Balance the demands of personal and professional time.



*Moxie
Consultation*

For information, contact
Rae Hight, RN, MA, LMHC
Certified Journal Therapist
www.raehight.com
rae@raehight.com  360-895-3148