



# Learn How to Make Every Day a Good Day

Plan Now to Attend . . .

## The Energy Equation Experience Saturday, October 10, 2009

**Heal your body and your life.  
Live in peace, joy, wonder, and fulfillment!  
Participate in the program others call transformational & inspiring.**

Do you feel *energy-depleted*?  
Wish you could *find more joy in work or family*?  
Would you like to *live in peace & balance*?  
**Attend this experiential workshop and learn how Susan and her family transformed themselves from surviving.... to thriving!**

### LEARN HOW YOU CAN, TOO!

#### You will learn how to:

- Find inner peace, using the Energy Equation
- Monitor your energy investments
- Apply new techniques to renew and restore your energy
- Conduct an energy audit
- Create a personal plan to bring yourself back to peace

#### Benefits of this program:

- Enrich your family and work relationships
- Reawaken positive attitudes
- Create abundant energy for daily life
- Live in peace, tranquility, and balance
- Restore your sense of wonder, excitement, and passion for life

**Date & Time** **Saturday, October 10, 2009**  
9:00am – 4:00pm (Registration 8:30 – 9:00am)

**Location** **Forest Hall Conference Room**  
Lake Metroparks Penitentiary Glen Reservation  
8668 Kirtland-Chardon Rd, Kirtland, OH 44094

#### Registration Options

- Mail registration form below with check made out to: Stepping Stones Mental Health Educational Consulting, Ltd. 34057 Glen Dr. Eastlake, OH 44095, 216-513-6098
- Register online with a credit card at [www.theenergyequation.net](http://www.theenergyequation.net)



*“Great speaker. Felt her words were straight from her heart & she could feel what we were about inside”*  
- Glenn Brickell

Susan Mikolic, R.N., is an expert on recovery and thriving. She developed the strategies in the “Energy Equation” while traveling a long journey of personal and family challenges.

*“I’ve planned a day of total enrichment and renewal for you. I intentionally choose natural settings for my presentations because I want you to experience the restorative powers provided by nature. I encourage you to take a walk at lunch, enjoy complimentary chair massages during breaks, and delight in a day laced with reflection time, music, interactive discussions and fun activities.” - Speaker, Susan Mikolic, RN*

Learn more about Susan at [www.theenergyequation.net](http://www.theenergyequation.net)

The Energy Equation  
[www.theenergyequation.net](http://www.theenergyequation.net)  
[info@theenergyequation.net](mailto:info@theenergyequation.net)  
A Division of Stepping Stones Mental Health Educational Consulting, Ltd  
216-513-6098

Thank you to our sponsor,  
Room One.

### REGISTRATION

Please complete a separate form for each person attending. Lunch will be provided.

*We are offering a limited number of scholarships for folks who cannot afford the session!*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

#### Registration Information

	Early*	Regular
Single Registrant	\$149	\$169
2-4 Registrants	\$130	\$150
5 or more	\$110	\$130

\* Registration received by September 29, 2009