

CHF Coaching & Consulting, LLC

Carol Harris-Fike, Personal Leadership Coach

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-FOR IMMEDIATE RELEASE-

CHF Coaching and Consulting to Offer Body Intelligence Seminar

What is your body trying to tell you that you can't hear?

Montrose, CO – CHF Coaching & Consulting LLC is proud to offer a Body Intelligence (BQ) seminar April 3, 2014 in Montrose, Colorado. The interactive seminar runs from 6:00 – 8:00 p.m. and will help participants learn the latest practices of using their own body intelligence, in an effort to:

- Let go of stress
- Scan the body for messages about health and life choices
- Connect your heart with what is really important
- Tell your body you ARE ready to listen
- Be the flow instead of the chaos in everyday life.

In addition, participants will leave the event with eight simple ways to connect with their own body intelligence, which will enable them to find solutions to live a happier and more balanced life.

The \$35 seminar will be held in the Historic Church Building in the Museum of the Mountain West – Highway 50 & Miami Road, Montrose, CO. The event will also include light refreshments. For more information or to register (space is limited), email CHFcoach@me.com or call 970.249.4162.

About CHF Coaching & Consulting LLC

CHF Coaching & Consulting, LLC supports people who want to live life in the way they know in their hearts they came to live. Whether it is time to change careers, move into the career of retirement, improve a relationship, or change old habits that no longer serve.

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