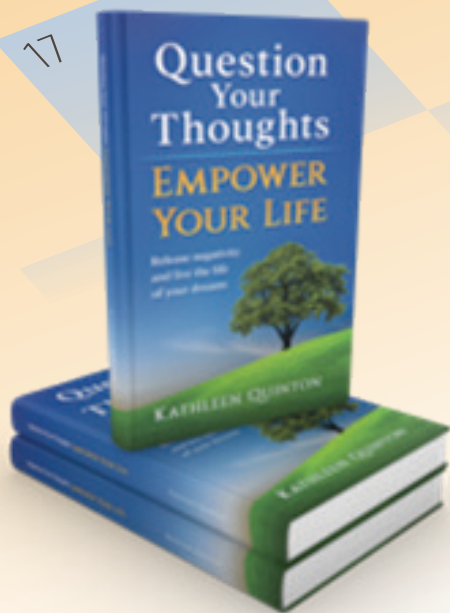


# Mark Your Calendar!



## DON'T WAIT FOR EMPOWERMENT TO COME CALLING!

There is NO need to wait to live a stronger and more fulfilling life! Please join us for an enlightening discussion by Kathleen Quinton, certified Life Coach and Author, as she shares effective strategies that will catapult your confidence and have you convinced that your dreams are within reach.

**OCTOBER 11, 2018 • 11:30am-1:00pm**

### KEY TALKING POINTS

- The six Human Needs and how understanding them will help us to meet them in more healthy ways.
- Clarity – the clearer that you are, the more likely that you will achieve your goals.
- How to turn self-defeating talk into positive and empowering action.



Kathleen Quinton, owner of Quintessential Coaching in Marlborough MA, is a certified Life Coach and Author dedicated to helping clients gain the tools they need to design a framework for well-being, fulfillment, and success. Each client's success is defined on his or her own terms.

Kathy's first published book, "Question Your Thoughts, Empower Your Life," helps readers to shift their thinking to achieve clarity and empowerment on their path to achieving a fulfilled life.

Kathleen will have books available to purchase and will be delighted to sign them.

**CARMEL TERRACE 933 Central Street, Framingham, MA 01701**

**Please contact Dixie Emond for more detailed information  
or to RSVP at 508.788.8000, or email to: [demand@carmelterrace.org](mailto:demand@carmelterrace.org)**