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EMPOWERMENT



**Empowering Women, Transforming Lives**  
Thursday at 10 AM Pacific

**January 28th 2015: Break free from old entanglements, patterns, and limitations and step into a stronger more fully connected you**

Rebecca Hall Gruyter, Dana Garrison, and Dr. Karen Jacobson share some of their personal journey that has let them to the amazing work that they now share with the world. Their stories will inspire and encourage you. Dana Garrison will share about Family Entanglements, Childhood Imprints, and how you can break free from these things to more fully step into your power and move forward. Dr. Karen Jacobson will share about healing naturally from Systemic Lupus changed her perspective on health and healing. She will share about how you can practice High Performance Strategies to bring your

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#### Featured Guests



##### Dr. Karen Jacobson

Dr. Karen Jacobson, affectionately known as "Dr. J" has been serving the community since 1992, sharing a message of Health and Healing through a variety of print, radio and television media.

[Read more](#)



##### Dana Garrison

Dana started her career with an undiagnosed chronic illness, living on a neighbor's futon. She was afraid she would never be able to support herself, and spent years struggling and searching for a way to overcome her health and financial problems.

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