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EMPOWERMENT

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BEING HERE

with
Ariel and
Shya Kane



Being Here

Wednesday at 9 AM Pacific
December 23rd 2015: Say Yes to The Holidays!

The holidays not only bring excitement, family gatherings, festive food and parties, they can also bring stress and anxiety. Join the Kanes in Being Here and practice the skill set of bypassing holiday discomfort as you say "Yes" to what is happening in your life. Callers welcome at Tel# 1-866-472-5795!



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