

# Fire Up the Winter Lights

## *Three Simple Ways to Thrive in Winter*

Sunday, December 14, 2014  
10 am-12 pm | Silver Spring MD



Make this winter the best ever no matter the weather, the stress or the short days!

Fire Up the Winter Lights will equip you with three easy ways to lighten your load and light up your heart.

Turn off the devices and plug into inspiration. A small investment of time can point you in a new direction.

You will leave with the **playbook** for your personal **A** game in hand!

Call or text FIREUP to 202-361-4165 or email [cdfanaroff@gmail.com](mailto:cdfanaroff@gmail.com) to register for this complimentary workshop.

*Carolyn Fanaroff is a leadership guide and meditation coach, helping her clients align their lives with what matters to them most. She will complete a Master's Degree in Transformative Leadership and Social Change at the Maryland University of Integrative Health in June 2015. She also has worked as a tax attorney since 1994.*