

New Year *New You*

If your New Year's resolutions include any of the following:

- Losing weight
- Getting healthier
- Learning to relax more often
- Reducing stress
- Improving your surroundings
- Taking control of your life

WE CAN HELP YOU!



Ana A. Melikian, PhD
Life Coach

I'm Ana, the person to call if you feel you are spinning your wheels. I help my clients to gain clarity about what they want to do with their lives and go for it.

<http://AMAZEcoaching.com>

480-648-0656

Get in shape comfortably and easily in your own home! We offer support, not criticism, on your fitness journey. Buy a gift certificate of 3 sessions, get two sessions free for yourself!

<http://phoenixpersonaltraining.com>

602-391-6210



Jacky Burke
Personal Trainer



Meg Forrest
"Conscious Design"

I'm Meg and I will create a home that feels like you and your family, it will have purpose, style, beauty and your personality. Call and lets start to enjoy it now.

480-720-4403
Mforrest1@cox.net

Relax and enjoy an in home massage treatment. I travel to you so you don't have to worry about the traffic or timing. All you do is allow for tranquility, lightness and clarity to overcome your mind, body and spirit.

<http://EtherealBodyWorks.com>

602-793-4857



Crystal Maylone
Licensed Massage Therapist



Busy running errands? Don't let your precious pets suffer! Call us even on short notice and we'll walk and feed your dog, so you come home to a wagging tail! We also provide overnight stays at your home or daily care. Gift certificates available. Bonded and Insured. Visit our website at:

<http://MyLittleFriendsPetSitting.com>

602-828-7710