



FENG SHUI
CONSULTING SERVICE

Get Smart to Stay Sharp




The start of a new year is the time when we often make resolutions about what we need to remove from our lives: unwanted pounds, bad habits, household clutter, etc.

But this year, why not make your New Year's resolution about *adding* something to your life? Resolve to add a new friend, a new hobby, or maybe a new skill, like learning a second language.

In fact, pushing our brains to learn a new skill can have significant health benefits. A study at York University in Toronto revealed that lifelong bilinguals tend to be diagnosed with dementia four years later than those who only speak one language. This study, and scores of others, continue to demonstrate the value of keeping those cerebral neurons firing on all cylinders, well into later life.

If you're ready to try your hand at something new, join me later this month for a special two-day "Kick-Start Your Writing" workshop at the Verity Club in Toronto on Jan. 20-21, 2018. Designed especially for those of us who have a story to tell, this special event will feature **Helle Brisson**, an international author and writing coach. Learn how to unblock your potential and get those creative juices flowing. Gain the tools and techniques to completely outline your story and start writing!

Contact me today to secure your spot at the Writer's Workshop or learn how to make 2018 a break-through year for you.

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