



presents a unique opportunity to "switch on your brain", with

## Dr. Caroline Leaf

*Did you know that 87% of our illnesses are a direct result of our thought life? What we think really does affect us physically and emotionally!*

In response to September's *First Friday*, when Dr. Leaf laid a foundation of how our brain is wired to direct our thoughts, emotions and actions, we are offering a unique workshop where you can learn *practical steps* to "detoxify" your thoughts and switch "on" your brain. In this 3-hour life-changing time with Dr. Leaf, you'll learn to reduce stress, manage your thoughts and overcome unhealthy emotions. As a result, you'll be on your way to living and thinking better!

**Wednesday, November 4, 2009; 9:00am-12:30pm; \$65pp**

at the Colleyville Center (5301 Riverwalk Dr., just behind Market Street)

**Register early- Seating is limited to the first 50 forms received. You must pay to be registered.**

**Stay in touch with us at [www.firstfridaywomen.com](http://www.firstfridaywomen.com); [info@firstfridaywomen.com](mailto:info@firstfridaywomen.com); 817.888.1167**

**Pick up an additional form for a friend at the Welcome Table**

(Tear here) **"Who Switched Off My Brain" Registration Form**

Two easy ways to register:

1. **Best way**---Complete this form. Leave form and payment with Denise at Welcome Table.
2. **Send check and this form** to: First Friday, PO Box 93027, Southlake, TX 76092.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

- My check is enclosed for \$65 (payable to First Friday)
- Cash is enclosed

