

# PeopleTweaker

Access your best.



## What I Believe

*"We are now at a point where the benefits of a holistic, whole-person view are being recognized with regard to health and wellness, dealing with stress, living with a chronic disease, or 'simply' living your best life and reaching your full potential, whatever your career/life/ health goals may be. Coaching can have a tremendous impact by helping a client to make changes and by providing support, focus, and the extra boost needed to move forward. "*

**Z. Colette Edwards, MD MBA**  
Health-Wellness-Life Coach

Does any of this sound familiar? "I am stressed, feel out of balance, want to eat better, be more active, lose weight, take better care of my health, have more energy, get organized and declutter, have some time for myself....."

Many a new year has begun with aspirations to address these common and recurring life challenges. For most people, by mid-February New Year's resolutions are either a distant memory or a source of guilt.

How would it feel to look back at the end of the year and have actually been able to accomplish 1 or 2 things on your list in 2012? What would your life be like?

So, it is now March and time to make a decision.

### *Are You Ready To Be Tweaked?*

While you are pondering, here are **2 tips** others have found helpful:

1. **Do one thing at a time** in a serial fashion rather than being lured by the false promise of multi-tasking. Studies show you will get more done in less time and more efficiently.

2. **Even if it is just 60 seconds** twice a day, take the time to just stop and breathe for a moment. It will slow down your engine, allow you to regroup, and enable you to focus with greater clarity.

The future you see is the future you get.

Robert G. Allen

To learn more about coaching and how it might be beneficial to you, feel free to contact me at [info@PeopleTweaker.com](mailto:info@PeopleTweaker.com) or 240.786.78678 for a complimentary consultation:

<http://www.morrisonchiropractic.com/wellness-within.html>

Coaching in The News:

<http://abcnews.go.com/video/playerIndex?id=9493792>

Media Footprints:

<http://www.ocularmelanoma.org/eana-patient-retreat>

(See Speaker Bios)

<http://www.womansday.com/health-fitness/general-health-advicemodified-for-women-101844>



*Be ready to relax.*  
*Explore options.*  
*Become healthier.*  
*Find solutions*  
*customized for you.*

*Stressed ?*  
*Ready to make a change ?*  
*Time to pursue a dream ?*  
*Struggling with a chronic medical*  
*condition ?*



## Coaching Space\* at Wellness Within Morrison Chiropractic

Additional services available at this unique “one-stop” shopping holistic, integrative care location include:

- Chiropractic
- Acupuncture
- Massage
- Reiki
- Yoga
- Nutrition Counseling



A wellness team awaits to help you be the best you can be.....

**2850 North Ridge Road, Suite 107B**

**Ellicott City, MD 21043**

*\* Telephonic sessions & in your office also available.*