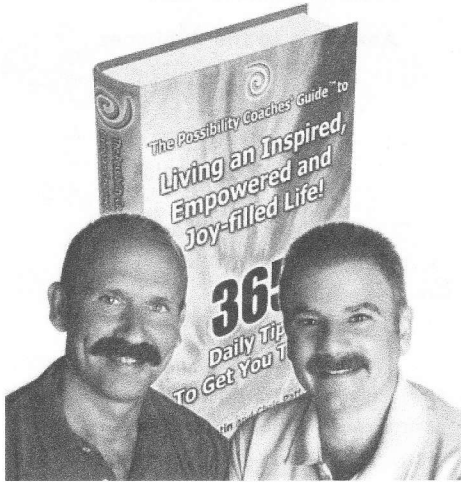


The Possibility Coaches New Book Debut

Jon Satin and Chris Pattay, life and relationship coaches, emotional healers and authors, announce the debut of their book, *The Possibility Coaches' Guide to Living an Inspired, Empowered and Joy-filled Life! 365 Daily Tips to Get You There!*



Jon Satin Chris Pattay

Living an Inspired, Empowered and Joy-filled Life is a daily reader that provides 365 ways to positively change one's life. The basis for the book is the life lessons that Satin and Pattay have applied to their own lives to be more inspired, empowered and joy-filled. Both have experienced the ups and downs of life and know that this can make one feel confused and overwhelmed. The tips in this book are practical, easy and will give the reader a new perspective on life, relating to emotional health, relationships and career. The authors' intent for the user of this book is that "reading just one tip per day can change your day and reading one tip everyday can change your life!"

Satin and Pattay lead local classes, seminars and discussion groups, offer one on one coaching sessions for individuals and couples locally, nationally and worldwide.

Book (ISBN 978-1-4525-4253-9) is available at 365DailyTips.com, local and online bookstores. For more info, visit PossibilityCoaches.com.

5th Annual Healthy Living Faire in Quakertown

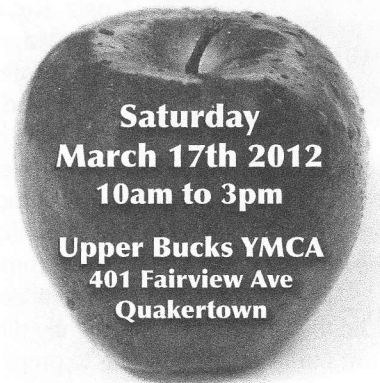
The Upper Bucks Chamber of Commerce (UBCC) will again partner with the Upper Bucks YMCA for the 5th annual Healthy Living Faire to be held on Saturday, March 17 from 10:00 a.m. to 3:00 p.m. at the Upper Bucks YMCA in Quakertown.

The Faire will introduce practices for living a healthier lifestyle by offering nutritional methods, physical activities, alternative modalities, personal growth and educational resources for sustainable living. The region's small businesses and non-profits from the healthy lifestyle sector will be on hand to introduce and explain cost effective and healthful lifestyle choices while promoting their products and services.

The event is open to the public, free and will have plenty to do for the entire family. The YMCA will be providing program demonstrations and tours of their facility; exhibitors will be providing samples and presentations; free cholesterol and bone density tests will be available; and vendors will be selling eco-friendly products and ware.

The Faire is sponsored by St. Luke's Quakertown Hospital, St. Luke's Physical Therapy, The Morning Call, Adams Outdoor Advertising and Natural Awakenings BuxMont.

Location: 401 Fairview Avenue. For more info or to exhibit, call the UBCC at 215-536-3211 or email info@ubcc.org. Vendor space available. See ad on page 18.



Transform the Ordinary into the Extraordinary at Greenshore Arts

Long for a life that sings and soars? For dreams and desires that light you up? Willing to take a step into the life you have always desired? A life filled with love, abundance, success, healthy relationships and joy?

Edie Weinstein LSW, interfaith minister, career journalist and motivational speaker, has spent the past 53 years in the process of transforming her ordinary life into the extraordinary. "There have been some days," she admits, "that the journey has felt joyful and other days have felt *oy-full*." With humor and the ability to reframe



challenging situations into meaningful life adventures, Weinstein's powerful and playful workshops guide participants through interactive exercises, thought-provoking conversation and portable life skills that can be immediately put into use.

Weinstein will be giving a series of workshops at Greenshore Arts Consortium in Quakertown that will help transform participants' lives into extraordinary adventures: What I've Learned about Love (Feb 8, 7pm), Be Your Own Bliss (Feb 18, 10am), Leap into Life (Feb 29, 7pm), and Spring into Awakening (March 24, 10am). First workshop is free when signing up for the series.

For more details/info, see *Greenshore Arts Consortium Save the Date* on page 26.