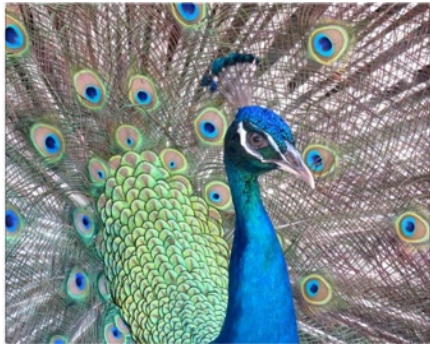


Fill My Cup!

Self-Care for Overachievers

Hoyt Library
284 Wyoming Avenue
Kingston, PA

6:15 PM
Monday, Feb 29



Manage Stress - Adapt to Change - Take Better Care of Yourself



Sheila Shuster
Self-Care Coach

Sheila began her career in biotechnology and healthcare education. A series of losses and an enlightening experience with her dying father catapulted her in a new direction in 2009. She is now a professional speaker and self-care coach, teaching skills that cultivate a natural calm and help people to discover their capacity to acclimate to change. Sheila's passion is to share what she has discovered in herself – that looking at life with relaxed attention changes what you see. She enjoys hiking, music, cooking and travel. Sheila currently lives in Northeastern Pennsylvania.

What to expect...

- ◆ Ways to take better care of yourself TODAY
- ◆ Four simple steps to get started
- ◆ How to be your best for others

What others are saying...

“No matter how stressful things are around Sheila, she seems so relaxed and unnerved...just her voice alone is very calming.”

“With Sheila’s insights, guidance and support, your world can open to endless possibilities.”

“Sheila Shuster is the only person I know who, with her presence, brings a calming influence to a room of people. Even if you are totally relaxed, just her presence takes you to another level.”