

# Living Your Best Life ... A Sweeter, Simpler Life

What would it be like to live a sweeter, simpler life?  
What do you need to say “**No**” to in order to live your best life?  
How can you live your life in alignment with your Core Values?  
How can you practice “Exquisite Self-Care”?

If you resonate with any of the questions above, check out my  
**June 1st Retreat!** It’s a special day designed just for you.

Join me at this transformational retreat and here’s what  
you will experience and discover:

- How to declutter and simplify your life
- How to say “**Yes**” to what you want to include in your life
  - Tips and tools to help you put yourself first.
  - The benefits of living your Core Values
  - Creating a “Soul Collage” of your Best Life

## RETREAT DETAILS

**Date:** Saturday, June 1, 2024 9:00 – 3:00

*Lunch available at the University of St. Catherine Cafeteria*

**Location:** Carondelet Center, Room 200A, 1890 Randolph Avenue  
St. Paul, MN 55105 | 651-696-2750 | [www.carondeletcenter.org](http://www.carondeletcenter.org)

**Investment:** \$149 - **Early Bird Discount \$99 through April 15**

**Register:** Please contact Nancy at 612-245-5960 or visit

[www.nancyjambor.com/events](http://www.nancyjambor.com/events)