



How to Create the Best Day of Your Life

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Greater Harris County 9-1-1

10220 Fairbanks N. Houston

Houston, TX 77064



“ P.L.A.T.E”

The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The “gift” of life is yours, it is an amazing journey and you alone are responsible for the quality of it”. Some people may disagree with this statement, however when it comes right down to it, we are responsible for whatever influence or belief systems we invite into our lives. That is the “gift” the quote refers to. Have you ever realized that every bit of nourishment that we get from eating we get off of a plate. Learn how to develop the habit of being happy by controlling what is on your mental P.L.A.T.E. You will find that your happiness is a direct result of what is on your mental P.L.A.T.E.

You will earn TCLEOSE Credits

Continental Breakfast 7:30 a.m.
Seminar 8:00 a.m. – 5:00 p.m.

Fee is \$ 20.00 per person
INCLUDES LUNCH

I wish to register for the seminar

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