



The Rotary Club of San Francisco West



November 20

THE NEWSLETTER

2007

WELCOME TODAY'S SPEAKER NIKKI ANDERSON

Nikki Anderson returns to our club with a talk titled **'Tis the season for Radical Self Care.**

With the hustle and bustle that comes with the holidays, it's easy to put self-care on the back burner only to wind up frazzled and burnt out by the time the New Year arrives. This typically leads to the inevitable resolution to start the next diet and get back into your exercise routine. This is a dreadful way to start off the New Year — under pressure to catch up so that you can then begin to focus on the other goals you have for 2008.

- How would it be for you to go through this holiday season feeling healthy?
- What if you got to the New Year and actually didn't have to resolve to yet another diet?
- What if your holiday season was easy, relaxing and manageable?



Then what would your New Years Resolutions be? If you want to end 2007 feeling energized and ready for the New Year, come to this enlightening, interactive workshop and learn some basic strategies for making yourself a priority while enjoying the holiday season.

Nikki Anderson specializes in working with professional men and women who are ready to boldly step into a bigger life of choice, empowerment and conscious living. Over the years, Nikki has mentored, counseled, and coached dozens of extraordinary people on how to dare to dream and then explore, identify, and reach their goals. The core of her teaching is to help individuals learn how to dare to dream and then explore, identify, and reach their goals. The core of her teaching is to help individuals learn how to make themselves a priority, create intension in their lives, and feel inspired by the action they are taking toward creating a life of newly defined, attainable success from the inside out.

**WE WILL MEET AT LUCKY'S ON SLOAT BLVD. AT 12 NOON ON WEDNESDAY
WE WILL BE PAIRED UP WITH OUR PARTNER AND READY TO DELIVER THE GOODS
WE WILL THEN HEAD OFF IN ALL DIFERENT DIRECTIONS WITH OUR TURKEYS
WE WILL NOT FORGET OUR CAMERAS THIS TIME...ASK TO TAKE A PHOTO FOR OUR
NEWSLETTER...IT WORKS, KYLE AND I KNOW !
GO OUT AND MAKE PEOPLE HAPPY !**

Happy Thanksgiving, and pleasant Holiday Memories!