

Eva Lapidés

has been there herself and now provides a lifeboat with a beaoning lighthouse to people who need it! *Gerry Trautz*



Co-Founder and President of The Empowerment Center

Author and Mentor

*Aspire Towards Healing and Wellness,
The Survival Guide Series to
Regaining Your Life and
The Healing and Wellness Curriculum*

Student Feedback:

“The Healing and Wellness seminar changed my perspective!” “It is a new refreshing perspective on an old problem, a proactive approach, and intriguing!” “I feel the empowerment in a REAL way!” The class was “very up lifting, very informative and gave me clarity.” “There are options in our recovery.” We learned to “cope with strategy.” “We can be overcomers.” “Eva is a dynamic and personal presenter.” “Eva feels the model whole heartedly and definitely lives it.” “Keep developing programs that continue to meet people’s expectations.” “Spread it across the U.S.A.” “Healing and wellness is the future.” “Yes, yes, yes! ☺ I would like to learn about the model and the advanced series.”

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ASPIRE TOWARDS
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CHANGE HOW YOU VIEW YOUR LIFE

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◇ Do aspects of your life
become too overwhelming
or too intense
to deal with?

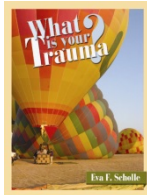
◇ Are you stuck and want
to move forward?

◇ Do you feel alone or not
understood?

◇ Do you seek personal answers?



*Change the distress
in your life.
Move your life
forward.*



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Find the Essence of Your Situation And Get Unstuck!

See your situation differently.
Create a better, more personally
meaningful and worthwhile life.

Create a solid foundation
for your life where your success builds
from your experiences.

*It is now easier than ever to
move your life forward.*

**Be successful!
Change the distress in your life.**

- ✓ Now is the time!
Start a fresh lifetime of successes.
- ✓ Experience it!
Students are calling it “cutting-edge
and fast-track treatment!”
- ✓ Available now!
A limited number of opportunities
are available in Westchester and
Rockland Counties.

*We take self-improvement,
recovery, health, and wellness
to the next level.*

TRANSFORMATIVE INSTRUCTION & MENTORING

✓ Private 5-Hour Mentoring Session

Reframe your situation, issue or concern by
discovering its essence and discover a better
approach. After the initial get-together, the
3-hour session and follow-up is scheduled.

✓ Private Mentoring Modular

Identify your unique objectives and have the
opportunity to learn about it and practice what
you really want to achieve. With new
understanding and confidence become better
at using familiar resources or discovering new
ones and gain the ability to take your next step.



**What situation is difficult for
you that you continue to
struggle with?**

What is this opportunity?

MovementToChange Healing and Wellness
courses and mentoring take recovery,
health, and wellness to another level by
providing the opportunity for people who
have experienced distress in their lives
(which is all of us) to explore the multiple
dimensions contained within “Aspire To-
wards Healing and Wellness”, integrate it,
and become better able to move forward to
have a balanced and more worthwhile life.
Be part of this transformative experience
that also provides opportunity to practice
what you want to achieve. Experience the
reframing of life situations and the discovery
of its essence. Develop new skills and
confidence as you gain new perspective
while discovering your personal resources.