



**For immediate release**

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## **Create your best holiday season ever**

MIDDLEBURG HEIGHTS - If the holiday season brings you increased stress, a breakfast seminar for professional women may help you ward it off and "Create Your Best Holiday Season Ever."

The event, to be held Wednesday, Dec. 13, in Middleburg Heights, is part of The Indigo Connection's popular "Tapping Into Success" series of networking seminars.

Join Indigo founder Betsy Muller, a Certified Energy Coach and business consultant, for a program packed full of ideas, entertainment and some really fun EFT (Emotional Freedom Technique) and energy coaching solutions for such common seasonal issues as:

- SOD - Seasonal Overwhelm Disorder
- Dreaded family, social and business parties
- Sneaky activity at the cookie tray and candy bowl
- Doing time with difficult, rude or disrespectful relatives
- Yikes - My house is filthy and company is coming
- Driving Fears - Icy highways, white-outs and drifting snow
- Coping with flu and cold season

In addition, raw foods chef Sandy Schumann will offer some healthy holiday recipe ideas and samples.

The program will include a catered breakfast and an opportunity to network with some of the area's most successful women. All are welcome, but please register by noon December 11, 2006. Space is limited. The cost is \$20.

The seminar will be held on December 13, from 7:45 to 9:30 a.m. at the Middleburg Heights Community Center, 16000 East Bagley Road, Middleburg Heights. For more information or to register, call 440-238-4731.

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