



## **Take 10 with Lamar's Life Coach, Virginia Kravitz**

You may know our Life Coach, Virginia Kravitz, from the articles she contributes to our *Club Lamar Star* newsletter. Now we are pleased to bring you the opportunity to meet Ginny in person. We are planning to offer exciting new life coaching programs at Lamar next year and to kick these off, we are introducing *Take 10*.

**When you visit the spa on Fridays this November, included in your service as a special bonus is the option to spend "10 minutes with the coach".**

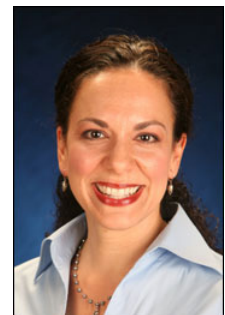
You can use your time with Ginny however you wish: to relax, learn a stress management technique, or if you like, to gain a new perspective or idea about a personal or professional goal you may be working on. Ginny will share tips for "creating your own OASIS" and for making your spa experience last well after you leave.

Take 10 with Ginny is available on November 7, 14, and 21<sup>st</sup>. When you call to schedule your spa services, simply let us know that you would also like to have your Take 10 while you're here for a visit.

*Enjoy this special bonus on us!*

*Virginia Kravitz, Career and Life coach, has always been fascinated by how people make meaningful change and create lives that delight them. Ginny founded In the Current™ to help people move through life with greater joy and abandon.*

*To learn more about In the Current™ coaching programs, to access helpful tools and resources, and to subscribe to the Current of Life e-zine, visit: [www.inthecurrent.com](http://www.inthecurrent.com).*



Virginia Kravitz,  
Career and Life Coach