

# Sample Brochure & Flyer Design

## Examples of the Brochure Makeovers

This document provides you with a glimpse of several styles of brochure layout and design and how they were improved by DocUmeant staff. There are samples of an author/speaker and small business owners included for your review.



# Beauty By Design Ministries

*Alyssa Dees Avant*  
Founder  
Christian Author & Speaker

### Contact Us:

662-237-4169

[alyssa@beautybydesignonline.com](mailto:alyssa@beautybydesignonline.com)

<http://www.beautybydesignonline.com>

### Policies

#### Keynote Speaking:

Beauty By Design Ministries accepts love offerings for speaking engagements with the requirement of travel expenses reimbursed.

#### Party and Event Planning Policies:

Bookings must be made a minimum of 3 weeks in advance. This will ensure availability of all supplies, as well as time for the custom invitation printing and mailing.

In order to take advantage of my mailing your custom invitations I will need your guests list 2 weeks prior to the event. I ask for a non-refundable deposit of half of the complete party cost at the time of booking.

### Shop

Visit our website to shop for our inspiring products!

Parties & Events for girls of all ages.

Need to plan a party, retreat, conference or other event for girls, but don't know where to start?

Let me help!

- birthday parties,
- back to school parties,
- mother/daughter parties
- girl's retreats
- ladies teas and conferences,
- and more!

Themes include:

- Tea Time
- Pampering PJ Party
- Pedicure Party
- Makeover Party
- Fashion Show

You provide the space and the food, let me do the rest! Perfect for girls ages 4 and up!

### Rates

Custom Event and Party Planning Rates:

All parties and events will be booked at the rate of \$15 per guest with a minimum of 5 guests per party/event. Discounts are available for parties of 20 or more.

Beauty by Design Ministries is a unique experience based on topics inspired by the Word of God

To make each booking a truly engaging and inspiring experience, Alyssa has developed several general themes designed to spark the interest of the audience, taking into the account the special needs of young girls and teens within our modern society. Each of Beauty by Design's speaking engagements is individualized with the input of the event coordinator as to the special needs of the potential audience for a truly unique experience with each performance. All keynote speaking is accepted for a love offering/honorarium and travel expenses.

Below you will find an overview of topics our ministry offers along with some of the themes Beauty by Design Ministries has created to express them effectively to today's youth.

#### General Topic Areas Covered

This list has been developed as a starting point for the speaking points that you may choose to have presented to your youth audience. Please feel free to ask about other areas that may suit the needs of your unique group.

Beauty

Abstinence

Modesty

Etiquette

Prayer Journaling

Time Management/Quiet Time



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### General Topic Areas Covered

- ✚ Beauty
- ✚ Abstinence
- ✚ Modesty
- ✚ Etiquette
- ✚ Prayer Journaling
- ✚ Time Management/Quiet Time

This list has been developed as a starting point for the speaking points that you may choose to have presented to your youth audience. Please feel free to ask about other areas that may suit the needs of your unique group.

#### Contact

*Alyssa Dees Avant*, Founder  
 Christian Author & Speaker  
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 alyssa@beautybydesignonline.com  
<http://www.beautybydesignonline.com>

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**Lauren's 30 Day Wellness Programs**

*"love yourself enough to live a healthy lifestyle"*

- Choose from any of five Programs (listed below)
- Daily, personal 3 minute videos from me for 30 days.
- Each day contains a story, lesson, and daily action.
- Track your daily progress and watch your growth.
- Share encouragement with others in the Program.

<http://laurenmiller.avanoo.com>

- \* The Art of Stress-free Living
- \* A Cancer Conqueror's Mindset
- \* Work-life Balance
- \* Cultivate Healthy Relationships
- \* Stress Solutions for the Soul

I am excited to offer super-efficient and effective Wellness & Excellence 30-Day Programs. What's so great about these programs is how cost-effective and scalable they are – in fact, my programs do what most B2B professional development programs can't do – they are available to family members/customers/clients/patients.

Lauren's Unique Excellence & Wellness Program Benefits:

- **It's convenient:** Lessons arrive on your desktop & are available on all mobile devices. No meetings. No fuss.
- **It's quick:** A daily 3-minute video learning lesson, followed by 5-7 minutes of reflection for insight and application. That's 10 minutes invested to create a more productive day.
- **It's consistent:** Each Program runs for 30 days – research shows consistency or ritual for 21-30 days is far more effective in creating change than "information dump."
- **It's captivating:** Each cinematic video contains a story, lesson, and reflection activity to reinforce concepts and gain personal insights for growth and accountability.
- **It's cumulative:** Employees/customers/clients rate their progress and set daily intentions.
- **It's collaborative:** Employees/customers/clients can set reminders, start groups, and share encouragement.
- **It's customizable:** Your logo, key messaging, and monthly goals can integrate.

- **It's cost-effective:** You won't believe it...less than 1.00 a day (see below).
- **It creates success:** The **program** was developed in partnership with Avanoo, the leader in behavioral change video research.

Clear benefits for your Company:

- **The perfect investment: personal;** meaningful; enduring; helpful. Offers a skill set and daily action steps to create happy/healthy life styles. Instant added value to your company.
- **The perfect touch-point: 30 days,** 3 minutes a day, doable.
- **The perfect branding:** Your logo and additional customization as contracted.
- **The perfect feedback:** Track **adherence** and efficacy over time.
- **The perfect partners:** Lauren and Avanoo take care of everything!

Click Here: Enjoy a quick 3-minute sample from The Art of Work Life Balance:

[https://www.avanoo.com/ext\\_ipreview?milestone\\_id=501](https://www.avanoo.com/ext_ipreview?milestone_id=501)

Essentially, there are two simple options. The first is the basic (non-customized) video/audio, which contain a daily focused story/lesson and 24-hour action step for 30 Days for all team members/clients/customers as specified in a collaborative proposal. The second option customizes the header, dashboard, video screen, with your logo and any key messages.

Depending on the number of participants, your cost will vary between \$20 and \$50 per seat.

I look forward to creating a win/win situation together for you and your people.

*To Your Wellness and Excellence,*

Lauren E Miller 303-521-6134/ [LaurenEMiller7@gmail.com](mailto:LaurenEMiller7@gmail.com)

Award Winning Author/Speaker/Trainer/Coach

<http://LaurenEMiller.com>

<http://LaurenMiller.Avanoo.com>

## 5 Programs to Choose From

I am excited to offer super-efficient and effective **Wellness & Excellence 30-Day Programs**.

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*Lauren*

1. The Art of Stress-free Living
2. A Cancer Conqueror's Mindset
3. Work-Life Balance
4. Cultivate Healthy Relationships
5. Stress Solutions for the Soul



**Lauren E Miller**

Award Winning Author/Speaker/Trainer/Coach

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- Share encouragement with others in the program

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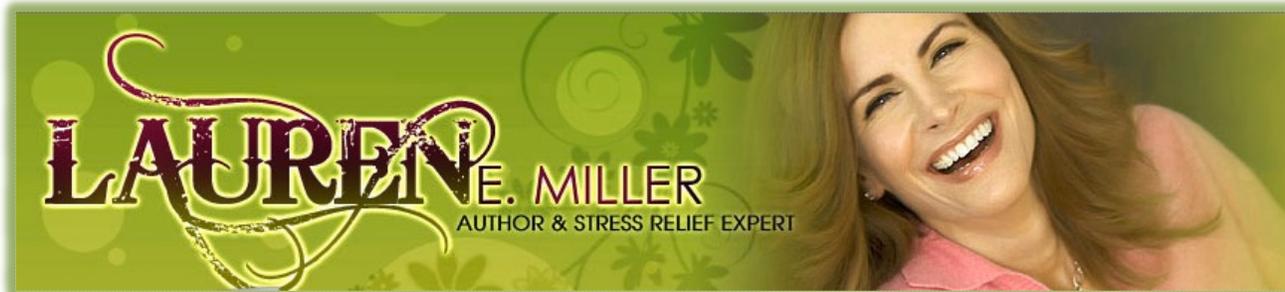
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Click the link below or copy and paste it into your favorite browser address bar to enjoy a quick

3-minute sample from **The Art of Work Life Balance.**

[https://www.avanoo.com/ext\\_ipreview?milestone\\_id=501](https://www.avanoo.com/ext_ipreview?milestone_id=501)





**STRESS RELIEF EXPERT • BESTSELLING AUTHOR • INTERNATIONAL SPEAKER**

**(303) 521-6134 • 2LOVEANDBELOVED@COMCAST.NET • WWW.LAURENMILLER.COM**

## ABOUT LAUREN

Grab and Go Stress Solutions Managing Partner, Google's #1 stress-relief expert and world-renowned personal peacemaker, Lauren E. Miller has overcome life-threatening cancer and a devastating divorce to show millions around the globe a pathway of peace and a life without stress.

As the founder of Stress Solutions University.com with 10 years of proven experience and 18 years of intensive extended education in the areas of anxiety relief and stress reduction, Lauren offers one-on-one coaching, teleseminars, workshops and keynote speeches, empowering men and women worldwide with techniques and skills to live with levity, purpose and solution based thinking. Lauren also pulls from her 20 years experience in youth and adult ministries.

Her first book - ***Hearing His Whisper - A Journey through Cancer and Divorce*** - is an Amazon bestseller and Indie Book Award Winner. Her other titles include: ***Release the Stress around Breast Cancer - With Methods and Mantras for the Mastectomies of Life***, written during her journey through stage three breast cancer. Her third book – was released Spring 2011 – an international award winning best seller ***99 Things You Wish You Knew Before Stressing Out!*** Her fourth book was released April 2013: ***5 Minutes to Stress Relief***

Lauren has received national recognition on TV, radio and in print, including ***Redbook, Ladies Home Journal, Family Circle, CNBC, Lifetime*** and ***Discovery*** along with ***the International Journal of Healing and Care***. A Dale Carnegie graduate, an international speaker, Lauren has shared the stage with some of today's most inspirational speakers.

Far beyond a momentary "uplift," Lauren's dynamic message leaves an indelible imprint that inspires audiences to go on to experience lasting, positive change in their lives. Audiences not only receive life-changing skills that empower them to live inspired life, but the depth of knowledge and insight Lauren has gained through two decades of study and practice.

TO BOOK LAUREN FOR SPEAKING ENGAGEMENTS, PLEASE CONTACT JOSEPH D FULFORD AT:  
**JDFULFORD@Q.COM OR 303-898-3599**

## TESTIMONIALS

*Lauren Miller is one of the most incredibly powerful human beings I've had the opportunity to meet. I use Lauren's work daily. She is a voice to be reckoned with. There are speakers and then there are SPEAKERS. Lauren has that spirit behind her voice and work. If you are serious about transforming from the inside out, Lauren Miller's work speaks for itself. Lauren has the "it" thing about her. Charisma is something you can't acquire either you have it or you don't have it. Lauren HAS IT. That thing that touches the deepest fibers of your soul...incredible!*

**-Les Brown, World Renowned Speaker/Author**

*Lauren Miller is a dynamic and engaging speaker. She has the ability to grab a crowd, and warm their soul. She delivers, she cares and more importantly, she brings tremendous value to any venue.*

**- Peggy McColl**

**New York Times Bestselling Author**

## SPEAKING TOPICS

### WALKING THROUGH THE FIRE WITH FAMILY, FRIENDS AND FAITH

In her signature speech, Lauren shares her touching and uplifting personal story in which she faced pain, disease and loss to be lead to a higher place through support of her faith. Be present as she moves you from fear, doubt and worry into a state of love, joy and gratitude.

- *Live life from an inner confidence, knowing that no matter what unfolds, you can handle it*
- *Embrace vulnerability to make meaningful connections in life*
- *Hold faith the size of a mustard seed in order to move mountains*



### THE WINNING CONNECTION

#### SHIFTING RELATIONSHIPS AND TEAMS FROM COMPETITION TO COLLABORATION

You are guided to hold positive perceptions and to take powerful action in order to enhance interpersonal communication and connection. This talk holds immense value for leaders and those working on teams.

- *Maximize job performance*
- *Increase productivity, innovation and team building*
- *Increase positive communication with feelings of connection, validation and appreciation*

### RELEASING LIFE'S STRESS IN LESS THAN 5 MINUTES

You learn and apply universal stress relief practices that can be accomplished in under five minutes. With tested, tried and true tips, you release daily stress in order to experience individual and organizational empowerment.

- *Decrease stress related illnesses; improve overall enjoyment of life*
- *Release the fears and phobias that hold you back at work and at home*
- *Going for what you want in life without being attached to the outcome*

### KEEPING YOUR HEAD WHILE LOSING YOUR HAIR

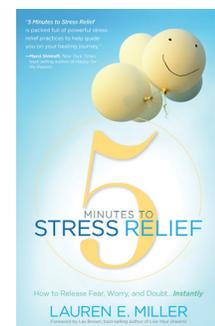
#### RELEASING THE STRESS AROUND BREAST CANCER

Learn how to anchor a positive self-image. Lauren shares her journey through stage-3 cancer in order to inspire audiences with a great comeback story and the tools she used to thrive while trying to survive. Targeting cancer survivors, this talk also uplifts any who faces life's stressors and triggers.

- *Rediscover your sense of humor*
- *Gain insight and tools into the "Art of Instant Stress Relief" with or without cancer*
- *Utilize 3 tips that will enable you to dance through any storm in life*

## BOOKS

- **HEARING HIS WHISPER**
- **RELEASE THE STRESS AROUND BREAST CANCER**
- **99 THINGS YOU WISH YOU KNEW BEFORE STRESSING OUT!**
- **5 MINUTES TO STRESS RELIEF**





# LAUREN E. MILLER

AUTHOR / SPEAKER / TRAINER / COACH

## ABOUT LAUREN E. MILLER

*Lauren E Miller, Stress Relief/Personal Excellence Educator; Founder and Managing Partner of Grab & Go Stress Solutions, International Award Winning Author/Speaker/Trainer/Coach.*

### EDUCATION MATTERS

Lauren received her BS degree from CU Boulder in Journalism/Psychology; postgraduate in Education; is a Dale Carnegie Graduate; 2nd degree black belt from the World Wide Tae Kwon Do Federation; Certified Master Business Success Coach; NLP/EFT Master Practitioner (two energy psychology modalities that result in profound positive behavioral transformation). Lauren is a member of the Holistic Chamber of Commerce and serves on the board of The Women of Global Change.

### EXPERIENCE MATTERS

Through product resources; mainstream media; 1:1 coaching; workshops; seminars and 30 day, 3 minute a day programs, Lauren equips thousands of people worldwide with effective, sustainable skillsets that produce positive behavioral shifts which expand the ability to excel in life without all of the stress and anxiety resulting in purpose driven, confident living; goal achievement and work-life satisfaction.

Lauren has received National and International recognition including Ladies Home Journal; Redbook; Success Magazine; MSNBC; Lifetime; Discovery and the International Journal of Healing and Care. Lauren co-hosts a weekly health and wellness radio show and is a contributing writer for Colorado Biz Magazine and HR.com's Personal Excellence & Wellness Magazines.

With 20 years of volunteer work in adult and youth ministry Lauren is an active participant with Compassion International and has sponsored several children for over a decade. As a conqueror of two of life's top stressors at the same time: advanced cancer and divorce, Lauren is grateful for the gift of each new day.

### PUBLISHED WORKS

- Hearing His Whisper*
- Release the Stress Around Breast Cancer*
- 99 Things You Wish You Knew Before Stressing Out!*
- 5 Minutes to Stress Relief*
- Stress Solutions for the Soul*

### SPEAKING TOPICS

**THE WINNING CONNECTION**  
SHIFTING RELATIONSHIPS AND TEAMS FROM COMPETITION TO COLLABORATION

**KEEPING YOUR HEAD WHILE LOSING YOUR HAIR**  
RELEASING THE STRESS AROUND BREAST CANCER

**DEAR STRESS, LET'S BREAK UP: GRAB & GO STRESS RELIEF**

**WORK-LIFE BALANCE FOR LIFE SATISFACTION**  
LEADERSHIPS FROM THE INSIDE OUT: 6 LOGICAL LEVELS FOR LEADERSHIP EXCELLENCE YOU WANT TO KNOW

### TESTIMONIALS

*Lauren Miller is one of the most incredibly powerful human beings I've had the opportunity to meet. I use Lauren's work daily. She is a voice to be reckoned with. There are speakers and then there are SPEAKERS. Lauren has that spirit behind her voice and work. If you are serious about transforming from the inside out, Lauren Miller's work speaks for itself. Lauren has the "it" thing about her. Charisma is something you can't acquire either you have it or you don't have it. Lauren HAS IT. That thing that touches the deepest fibers of your soul...incredible!*

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*- Peggy McColl  
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### CONTACT

(303) 521-6134

2LoveAndBeLoved@comcast.net

<http://LaurenEMiller.com>

**Table 1. Recommended Practices for Reducing the Risk of Exposure to Food Allergens and Responding to Food Allergies in Schools and ECE Programs**

	<b>Classroom</b>	<b>Cafeteria</b>	<b>Transportation</b>	<b>School or ECE Program Events (Field Trips, Activities Before or After School)</b>	<b>Physical Education and Recess</b>
<b>School or ECE Program Policy or Environment</b>	<ul style="list-style-type: none"> <li>• Consider designated allergy-friendly seating arrangements.</li> <li>• Avoid the use of identified allergens in class projects, parties, holidays and celebrations, arts, crafts, science experiments, cooking, snacks, or rewards. Modify class materials as needed.</li> <li>• Avoid ordering food from restaurants because food allergens may be present, but unrecognized.</li> <li>• Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.</li> </ul>	<ul style="list-style-type: none"> <li>• Consider designated allergy-friendly seating during meals (open to any child eating foods free of identified allergens).</li> <li>• Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.</li> </ul>	<ul style="list-style-type: none"> <li>• Train transportation staff in how to respond to food allergy emergencies.</li> <li>• Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.</li> </ul>	<ul style="list-style-type: none"> <li>• When planning a field trip, find out if the location is safe for children with food allergies.</li> <li>• Make sure that events and field trips are consistent with food allergy policies.</li> <li>• Do not exclude children with food allergies from field trips, events, or extra-curricular activities.</li> <li>• Invite, but do not require, parents of children with food allergies to accompany their child in addition to the regular chaperone.</li> <li>• Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not exclude children with food allergies from physical education or recess activities.</li> <li>• Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.</li> </ul>



## CLASSROOM

- Consider designated allergy-friendly seating arrangements.
- Avoid the use of identified allergens in class projects, parties, holidays and celebrations, arts, crafts, science experiments, cooking, snacks, or rewards. Modify class materials as needed.
- Avoid ordering food from restaurants because food allergens may be present, but unrecognized.
- Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.
- Use non-food incentives for prizes, gifts, and awards.
- Help students with food allergies read labels of foods provided by others so they can avoid ingesting hidden food allergens.
- Consider methods (such as assigned cubicles) to prevent cross-contact of food allergens

# Recommended Practices for Reducing the Risk of Exposure to Food Allergens and Responding to Food Allergies in Schools and ECE Programs

from lunches and snacks stored in the classroom.

- Support parents of children with food allergies who wish to provide safe snack items for their child in the event of unexpected circumstances.
- Encourage children to wash hands before and after handling or consuming food.
- Include information about children with special needs, including those with known food allergies, in instructions to substitute teachers.

## CAFETERIA

- Consider designated allergy-friendly seating during meals (open to any child eating foods free of identified allergens).
- Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.
- Make reasonable meal accommodations after receiving approval from a doctor or allergist through dietary orders or as stated in the child's Emergency Care Plan (ECP). For more information, see the USDA Web site.\*

- With parental cooperation, create standard procedures for identifying children with food allergies. For example, a recent picture of each child could be kept in a location that is not visible to other children or the public. Procedures must follow the requirements in FERPA. (See Section 5 for more information about FERPA.)
- Designate an allergen-safe food preparation area.
- Provide advanced copies of menus for parents to use in planning.
- Be prepared to share food labels, recipes, or ingredient lists used to prepare meals and snacks with others.





- Keep food labels from all foods served to children with allergies for at least 24 hours after serving the food in case the child has a reaction.
- Keep current contact information for vendors and suppliers so you can get food ingredient information.
- Read all food labels and re-check with each purchase for potential food allergens.
- Report mistakes such as cross-contact with an allergen or errors in the ingredient list or menu immediately to administrators and parents.
- Wash all tables and chairs with soap and water or all-purpose cleaning agents before each meal period.
- Encourage children, school staff, and volunteers to wash hands before and after handling or consuming food.

### TRANSPORTATION

- Train transportation staff in how to respond to food allergy emergencies.
- Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.
- Do not allow food to be eaten on buses except by children with special needs such as those with diabetes.
- Encourage children to wash hands before and after handling or consuming food.

### SCHOOL OR ECE PROGRAM EVENTS (FIELD TRIPS, ACTIVITIES BEFORE OR AFTER SCHOOL)

- When planning a field trip, find out if the location is safe for children with food allergies.
- Make sure that events and fieldtrips are consistent with food allergy policies.
- Do not exclude children with food allergies from field trips, events, or extra-curricular activities.
- Invite, but do not require, parents of children with food allergies to accompany their child in addition to the regular chaperones.
- Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.

- Identify special needs before field trips or events.
- Package meals and snacks appropriately to prevent cross-contact.
- Encourage children to wash hands before and after handling or consuming food.



### PHYSICAL EDUCATION AND RECESS

- Do not exclude children with food allergies from physical education or recess activities.
- Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.
- Encourage hand washing before and after handling or consuming food.

*These recommended practices can be found on p.41-43 of the CDC Guidelines. We encourage you to learn more about food allergy management in schools by reviewing the entire Guidelines document at: [www.foodallergy.org/cdc](http://www.foodallergy.org/cdc).*

# Renée Wroten, INHC

## Secrets to Looking Good And Feeling Great Beyond 50!



Coach Renée is a *Dreamer, Optimist, and Visionary* when it comes to making it happen! She says that regardless of where you are or how long it may take, she has a formula for you! And if you follow the formula, you will leave her Wellness Strategy Sessions full of wisdom, knowledge, determination, and energy beyond belief.

Coach Renée believes in designing a unique plan that will work for you! Once the plan is created and designed for you, the plan must be put into action in order for it to work and see measurable results!

Renée provides her clients with structure, guidance, and support during her Wellness Strategy Sessions in an effort to help her clients get to the root cause of their problem, whether it's their health and wellbeing, personal or professional, fitness, and or lifestyle challenges.

“Renée introduced me to a new way of cooking and eating healthy foods. She even broadened my horizon on how eating the right foods would make me feel better and how exercising can also help me to lose weight.”

### **PRIVATE & GROUP WELLNESS SESSIONS:**

- One-On-One Coaching with Renée
- Corporate Lunch-N-Learn Wellness Sessions
- Wellness Workshops/Seminars
- Meal Planning
- Pantry Makeovers

### **SIGNATURE PROGRAM OFFERINGS:**

- Online Audio Series - 28 Day Jump Start to **N.E.A.L.** - **Nutrition Exercise Attitude Lifestyle**
- 90 Day Intensive
- Six Month Platinum

“Knowing what I know now about eating healthier, makes me think twice before I buy something that is not good for my body.”

**To Your Healthy Awakening**

# THE WELLNESS STRATEGY FORMULA

**Vision** – First, you must be able to visualize what it is that you're trying to accomplish

**Goal** – Determine what needs to happen to accomplish your vision (put a mastermind group in place to help accomplish your goal)

**Objective** – Be very specific on when you envision your goal(s) to be completed

**Task/Mission** – When does the task/mission need to be completed (i.e Fall of 2015)

**Timeline** – Set a month, day and year of completion (i.e. by Sept 1, 2015)

**Follow Up & Follow Through** – Follow the plan until completion

## In just seven simple steps, you will be able to:

1. Get clear on your health, wellness, and fitness goals
2. Determine what type of social interactions is right for when it comes to relationships, friendships, and partnerships
3. Adopt the right fitness regimen that is conducive to your lifestyle, and physical fitness needs
4. Embrace and appreciate what you have, and allow the universe to shower you with what's yours
5. Determine whether or not you should be the boss or work for the boss
6. Understand the true value behind money and how it can come and go if not disbursed properly
7. Appreciate why adequate amounts of R & R (Rest & Relaxation) are equally as important as eating healthy meals throughout the day

"Thank you Renée for introducing me to the right kinds of food to eat and how eating right and exercising at least three times a week can make a difference in the way that I look and feel."

Invite Coach Renée to speak at your next meeting, conference, lunch-n-learn to hear some of her most empowering messages that will leave you sitting on the edge of your seats, ready to move into swift action!

### **Women Who Would Benefit From Renée's Coaching**

*Women Entering the "PrimeTime" of Life,  
Law Enforcement, Corporate Executives, Military, Educators,  
Political Leaders*

### **Contact Renée Wroten:**

Website - [www.hormonesbalancednaturally.com](http://www.hormonesbalancednaturally.com)  
[info@balancedhormonesnaturally.com](mailto:info@balancedhormonesnaturally.com)

Integrative Nutrition Health Coach, INHC

**Author - Seven Steps to Complete Wellness: Secrets to Looking Good And Feeling Great Beyond 50!**

# Renée Wroten, INHC

## To Your Healthy Awakening

### *Secrets to Looking Good And Feeling Great Beyond 50!*

Speaker, Author, and Coach Renée Wroten is a dreamer, optimist, and visionary when it comes to making things happen! She says that regardless of where you are or how long it may take, she has a formula for you! And if you follow the formula, you will leave her Wellness Strategy Sessions full of wisdom, knowledge, determination, and energy beyond belief.

Coach Renée believes in designing a unique plan that will work for you! Once the plan is created and designed for you, the plan must be put into action in order for it to work and see measurable results!

Renée provides her audiences and clients with structure, guidance, and support during her Wellness Strategy Sessions in an effort to help to them get to the root cause of their problem; whether it's their health and wellbeing, personal or professional, fitness, and or lifestyle challenges.

#### PRIVATE & GROUP WELLNESS SESSIONS:

- One-On-One Coaching with Renée
- Corporate Lunch-N-Learn Wellness Sessions
- Wellness Workshops/Seminars
- Meal Planning
- Pantry Makeovers

#### SIGNATURE PROGRAM OFFERINGS:

- Online Audio Series—28 Day Jump Start to N.E.A.L. Nutrition Exercise Attitude Lifestyle
- 90 Day Intensive
- Six Month Platinum

#### Who Would Benefit From Renée's Coaching

Women Entering the "PrimeTime" of Life, Law Enforcement, Corporate Executives, Military, Educators, Political Leaders

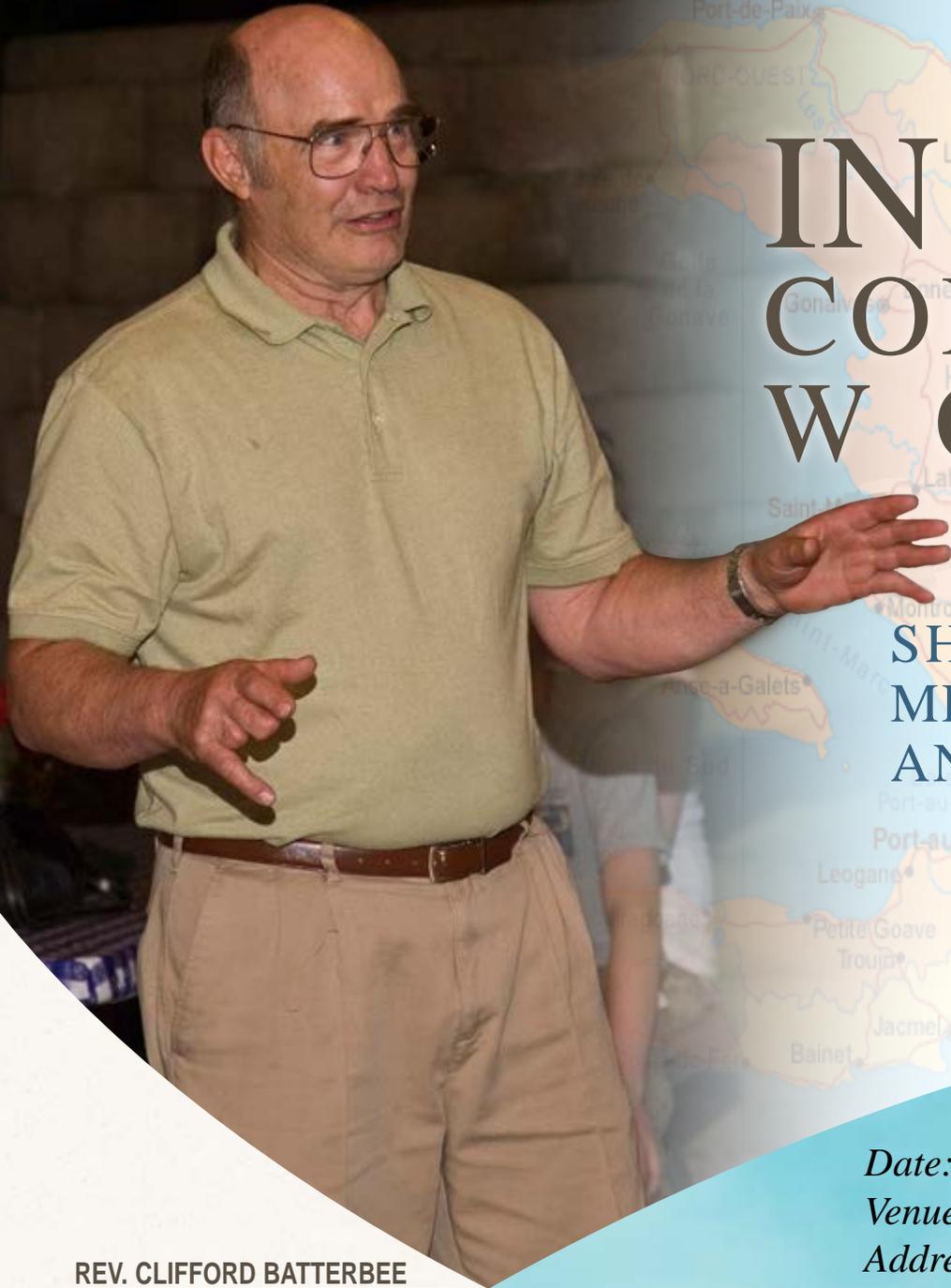
Invite Coach Renée to speak at your next meeting, conference, lunch-n-learn to hear some of her most empowering messages that will leave you sitting on the edge of your seats, ready to move into swift action!

**Contact Renée Wroten, Integrative Nutrition Health Coach, Author, *Seven Steps to Complete Wellness: Secrets to Looking Good And Feeling Great Beyond 50!***

*"Renée introduced me to a new way of cooking and eating healthy foods. She even broadened my horizon on how eating the right foods would make me feel better and how exercising can also help me to lose weight."*

*"Knowing what I know now about eating healthier, makes me think twice before I buy something that is not good for my body." —Pam*





# IN THIS CONFUSED WORLD

SHARING GOD'S  
MESSAGE OF LOVE  
AND COMPASSION

*Date:* \_\_\_\_\_

*Venue:* \_\_\_\_\_

*Address:* \_\_\_\_\_

*Time:* \_\_\_\_\_

**REV. CLIFFORD BATTERBEE**

**45+ Years in Ministry**

**Haiti 11 years**

**Caring for the Hearts of Men**

**Has a Heart for the Hurting**

**The Rev. Cliff Batterbee is a successful pastor with 47 years in the ministry. He served 11 years on the mission field in Haiti and has ministered to congregations of varying backgrounds. His ministry includes a strong college park congregation as well as a special needs fellowship. He speaks from the heart and is able to reach out to your congregation.**



# Avon Park Spring Festival at the Mall



## Festival of Music

Presenting Christ to the World

## When & Where

On the Mall in Avon Park

March 23, 2012 - 10:00 AM to 4:00 PM

March 24, 2012 - 9:00 AM to 4:00 PM

The town council of Avon Park has invited the churches in the the area to provide gospel music during the annual Avon Park Spring Festival at the Mall. The church's part in this festival, titled the Festival of Music, will be held on March 23 - 24 of 2012.

Our presentation will take place at the Veterans Memorial on the Mall at the flag pole on Main Street.

If your church would like to participate please respond no later than March 10. Reply by email to [wkidds@suddenlink.net](mailto:wkidds@suddenlink.net) or phone 304-727-5695

*Designed by DocUmeantDesigns.com*

**Apr 7–9, 2016 ONLY!**

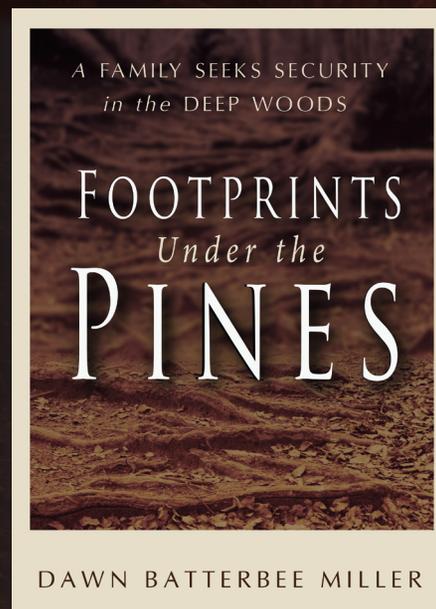
*Get your Kindle copy and support one of our own, Dawn Miller.*

<http://tinyurl.com/zkh4a7y>

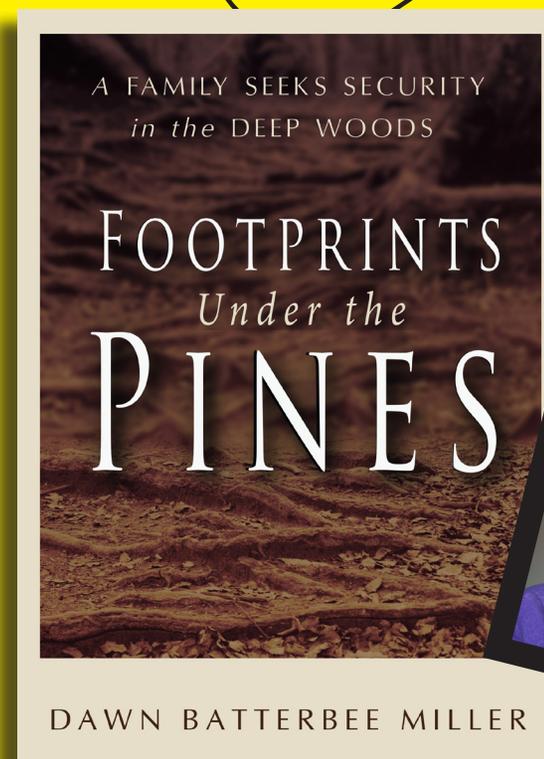


**FREE DOWNLOAD**

**FREE KINDLE DOWNLOAD**



A pioneer family cast into the lumber camps of the 1890s, a woman's heartbreak, renewal, and her long journey home to a loving Father.



**Apr 7–9, 2016 ONLY!**

<http://tinyurl.com/zkh4a7y>



Amazon Kindle eBook Only  
[www.DawnCreations.net](http://www.DawnCreations.net)

*Get your Kindle copy and support one of our own, Dawn Miller.*  
[www.DawnCreations.net](http://www.DawnCreations.net)

## 'POWER' Credit Workshop

October 3, 2013

6:00 pm – 7:30 pm

1624 Hull Street, Richmond, VA 23224

(Intersection of Hull Street and Jefferson Davis – behind Church's Chicken)

Seating is Limited – Register today @ [www.scdhc.com](http://www.scdhc.com)

### LET'S TALK ABOUT CREDIT, FOR REAL!

What's my FICO Score? What's the minimum credit score many lenders require? What's the best way to improve my credit score? What types of accounts hurt and/or help my credit score? Participate in the free 'POWER' Credit Workshop and learn about credit scores, credit repair and other vital home purchase essentials.



What's in your FICO® scores?



#### OUR TEAM

President/CEO, Dianna Bowser  
Project Manager, Jim Chambers  
Housing Program Manager, Donna Stallings  
Housing Counselor-Spanish Translator, Brenda Dorazio  
Housing Counselor, Reggie Mebane  
Program Support Coordinator, Corey Harvey  
Administrative Assistant, Betty Mabry  
Kirby & Associates, Phillip Kirby, Jr., CPA  
Realtor, Smitty Smith

#### CONTACT US

If you would like to register for this event,  
please call 804-231-4449,  
or visit us @ [www.scdhc.com](http://www.scdhc.com) or [www.rvahomegrants.com](http://www.rvahomegrants.com)

## 'POWER' Credit Workshop

What's your FICO Score and where do you find it? What's the minimum credit score many lenders require? What's the best way to improve your credit score? What types of accounts hurt and/or help my credit score?

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Let's Talk About

*Credit*  
for real

### Topics

- What's Your FICO Score?
- Minimum FICO Score Lenders Require
- How to Improve Your Credit

Date: October 3, 2013  
Time: 6:00 to 7:30 pm  
Venue: 1624 Hull St,  
Richmond, VA 23224  
RSVP: (804) 231-4449

*Live Your Dream*

Seating is limited. Register today.

1624 Hull St, Richmond, Virginia 23224 • (804) 231-4449 • [www.scdhc.com](http://www.scdhc.com)

*Slave to Grace*, a bold new book by Joyce Fox, "gives a realistic twist to Onesimus' story," says Bettie Marlowe of the Cleveland Daily Banner.

From the Preface which consists solely of a modern translation of the only chapter of Philemon through the last chapter this novel is carefully researched and takes the reader on a journey from betrayal and bitterness to forgiveness and freedom.

The members of your congregation: youth, adult, or senior, will find in Onesimus a shadow of themselves and their own struggle with bitterness and unforgiveness.

A member of Cornerstone Church of God in Cleveland, TN., author Joyce Fox is eager to come to your church.

Whether it's for a service, a Bible study, or your ladies', men's or youth group's meeting for a book signing she is able to bring a message of freedom through forgiveness or to just talk about her book.

For more information or to see the trailer about the book visit: [Slavetograce.com](http://Slavetograce.com)

To schedule an engagement for Joyce, contact her at: [Joyce@Slavetograce.com](mailto:Joyce@Slavetograce.com) or call her at 423-284-0925.

# New Release

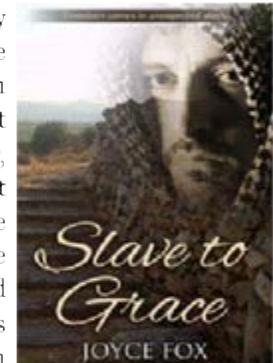
## By Joyce Fox

**The chains of slavery weigh heavily and Onesimus wants nothing more than his freedom, but freedom comes in unexpected ways.**

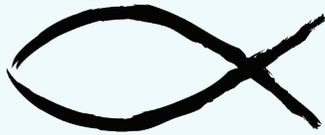
Sold into slavery to pay for his father's foolishly wasteful spending, Onesimus finds life as a slave especially hard. His memories of his own treatment of slaves compare badly to the treatment he receives at the hands of his Christian master, Philemon. But when he is falsely accused of theft and cannot prove his innocence, he can't believe his punishment will be any less than what he would have meted out in his own household. Filled with fear, he steals a purse of money and runs away, planning to leave Greece and lose himself in the crowded streets of Rome.

On the way, he hears stories of Paul, who survived the bite of an adder but insists he is only a man, not a god.

When Onesimus finally meets Paul, he finds himself attracted not only to the man, but to the God he serves. After studying with Paul a while, Onesimus goes back to Philemon to "make his paths straight." Adventures and miracles along the way abound. Will Philemon accept him back or sell him? Will his fellow-slaves welcome him? What of the "girl he left behind?" Is there happiness in store for Onesimus or will sorrow be his lot?



*Slave to Grace, a bold new book by Joyce Fox “gives a bold new twist to Onesimus’ story,” says Billie Marlowe of the Cleveland Daily Banner.*



From the preface, which consists solely of a modern translation of the only chapter of Philemon, through the last chapter this novel is carefully researched and takes the reader on a journey of betrayal and bitterness to forgiveness and freedom.

The members of your congregation: youth, adult, and seniors alike, will find in Onesimus a shadow of themselves and their own struggle with bitterness and unforgiveness.

A member of Cornerstone Church of God in Cleveland, Tennessee, author Joyce Fox is available to come to your church.

Joyce is able to bring a message of freedom through forgiveness at your service, Bible study, or your lady’s, men’s, or youth group meeting. Alternatively, she can provide a reading and speak about her book.

To watch her book’s video trailer or for more information visit her website at <http://www.SlavetoGrace.com>.

To schedule an appearance by Joyce to speak with your congregation contact her at [Joyce@SlavetoGrace.com](mailto:Joyce@SlavetoGrace.com) or phone her directly at (423) 284-0925.

# NEW RELEASE

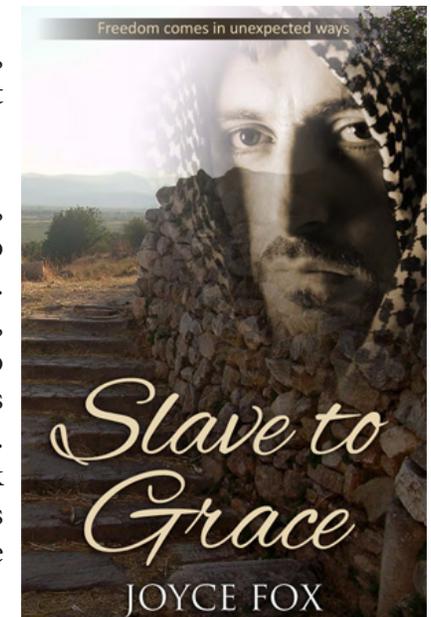
by Joyce Fox

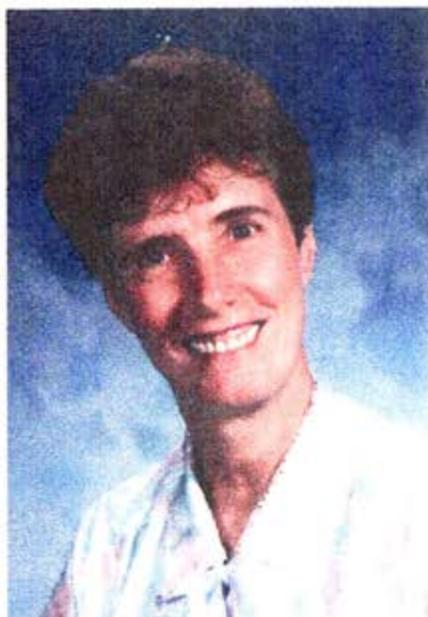
The chains of slavery weigh heavily and Onesimus wants nothing more than his freedom, but freedom comes in unexpected ways.

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Dawn Batterbee Miller

### My Goal

I try not to tell God  
what I will or will not do.  
I want to be available  
whenever and wherever He calls.

### My Commission

That I may publish  
with the voice of thanksgiving  
and tell of all  
Thy wondrous works.  
Psalms 26:7 (NIV)

### Personal Testimony

A motherless child  
tossed from home to home,  
Dawn will share the miracle  
of God's leading from  
high-school dropout  
into the public schools  
and eventually  
into a writing, speaking  
ministry for Him

\*\*\*\*\*

### Managing Your Nonverbal Message

Amplify your message  
using body language  
Dress for success  
What you reveal in those  
unconscious gestures

\*\*\*\*\*

### This is Your Life: Combobulating Your Life In a Discombobulated World

Principles in time management

\*\*\*\*\*

### Publish Your Writing

Strategies that may help  
beginning writers  
to sell their work

\*\*\*\*\*

### Teach With Confidence

The vital nature of  
thorough lesson planning  
Lesson Plans and Discipline

### EDUCATION

Bachelor of Arts: Education  
Master of Arts: Education  
Master of Arts: Communication  
@ Michigan State University

### WORK EXPERIENCE

Teaching - 23 years

### AUTHOR - PUBLISHER

*God's Family Tree*  
Published by Church Growth Inst.

*Pioneer Potpourri*  
Published by Dawn Publications

### Published by

Guideposts  
World Vision  
Focus on the Family  
Christian Communicator  
Cook Communications  
Standard Publishing  
And many others

**DAWN BATTERBEE MILLER**  
Phone (517) 321-2105  
219 Renker Road  
Lansing MI 48917



Winter Address - Nov. - April  
2433 W. Nautilus Rd.  
Avon Park, FL 33825

e-mail — Batterbee@aol.com



## TESTIMONY

I first received Christ as a girl of about 10 years of age. I made a final commitment at age 17 and have served Him ever since.

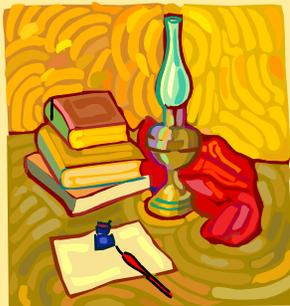
As a public school teacher I sought to take advantage of every opportunity to share God's love with my students.

It was my desire to be a source of support to Christian young people in a non-Christian system.

My classroom was my mission field.

Now God has called me into a new ministry.

I follow His call to share His gospel through the written word and through public speaking.



## Dawn Batterbee Miller

Inspired by the Word



Dawn Batterbee Miller  
Author/Speaker



Summer Address	Winter Address
419 Renker Rd	2433 W Nautilus Rd
Lansing, MI 48917	Avon Park, FL 33825

Tel: (517) 321-2105

Mobile: (517) 230-2729

E-mail: Batterbee@aol.com

Website: [www.DawnCreations.net](http://www.DawnCreations.net)

### My Goal

I try not to tell God what I will or will not do. I want to be available whenever and wherever He calls.

### My Commission

That I may publish with the voice of thanksgiving and tell of all Thy wondrous works. Psalms 26:7 (NIV)

## Church Affiliation

Dawn Batterbee Miller  
attends and serves at  
First Church of the Nazarene  
in Lansing Michigan.

During her lifetime  
she has served as  
Director of Education  
Youth Leader  
Teacher  
Organist - Pianist  
and many others.

## Certification

Dawn holds  
a lifetime certification with  
Evangelical Training Association.

She has experience  
as a teacher trainer,  
in the church  
and in the public schools.

She has presented workshops  
for retreats, conferences  
and local church activities.

## Serving The Living Christ



Therefore, if anyone is in Christ,  
he is a new creation;  
the old is gone,  
the new has come!

All this is from God,  
who reconciled us to himself  
through Christ,  
and gave us the ministry  
of reconciliation:  
II Corinthians 5: 17,18

## Testimony

I first received Christ  
as a girl of about  
10 years of age.  
I made a final commitment  
at age 17 and I have  
served Him  
ever since.

As a public school teacher  
I sought to take advantage  
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It was my desire  
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# About Dawn Batterbee Miller, Author/Speaker

## EDUCATION

Bachelor of Arts: Education  
Master of Arts: Education  
Master of Arts: Communication  
*from Michigan State University*

## WORK EXPERIENCE

Teaching: 24 years

## AUTHOR—PUBLISHER

*God's Family Tree*  
Published by Church Growth Inst.

*Footprints Under the Pines*  
Published by WinePress

*Pioneer Potpourri*  
Published by DocUmeantdesigns Publishing

*Women in Ministry Newsletter*  
Editor/publisher

## KEYNOTE TOPICS

### PERSONAL TESTIMONY

A motherless child tossed from home to home, Dawn will share the miracle of God's leading from high-school dropout, into the public schools, and eventually into a writing, speaking ministry for Him.

### MANAGING YOUR NONVERBAL MESSAGE

Amplify your message using body language  
Dress for success  
What you reveal in those unconscious gestures

### PUBLISH YOUR WRITING

Strategies that may help beginning writers to sell their work

### TEACH WITH CONFIDENCE

The vital nature of thorough lesson planning  
Lesson Plans and Discipline

## WORKSHOPS

- Retreats
- Conferences
- Local church activities
- "Hot Conference"  
Audio/Video environment

## CHURCH AFFILIATIONS

Dawn Batterbee Miller attends and serves at:  
First Bible Church; Lansing, MI  
Community Bible Church; Avon Park, FL

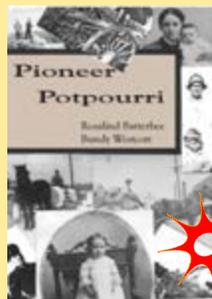
During her lifetime she has served as Director of Education, Youth Leader, Teacher, Organist/Pianist, and many other areas of service.

## CERTIFICATION

Elementary Teaching; MI Public Schools

Lifetime certification  
Evangelical Training Association

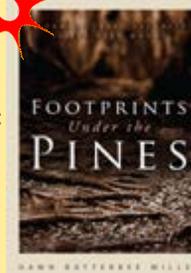
Teacher Training Instructor  
Local churches  
Public schools



Available at  
[DawnCreations.net](http://DawnCreations.net)

**Published by:**  
Guideposts  
World Vision  
Focus on the Family  
Christian Communicator  
Cook Communications  
Standard Publishing  
And many others

Available at  
**Amazon**  
and your  
**local**  
**bookstore**



## Preliminary Schedule

### Monday, January 11, 2010

2 pm: Begin Boarding Ship in Port Canaveral

5pm: Cruise Departs from Port Canaveral

7 pm: "Introducing all the Retail Mavens!" complimentary Cocktail Party

### Tuesday, January 12, 2010

9:00 am – 11:00 am: "Facebook, Twitter, Blogging, Email – OH MY!"

11:30 am – 5:00 pm: Visit the white sandy beaches of Coco Cay Island, Bahamas

### Wednesday, January 13, 2010

Explore Nassau, Bahamas and swim with dolphins, find a pirate, relax on the beach or....

### Thursday, January 14, 10

9:00 am – 11:00 am: "Want More Successful Employees?"

11:30am – 2:30 pm: Lunch and Sun Time . Share time and ideas with others in your specific industry and learn what they are doing!

3 pm – 4 pm: "The Retail Mavens Reveal Their Secrets"

4 pm – 6 pm "Retail Mavens Coaching Intensive"

6 pm on: Free time to go to the spa, swim, eat, or lounge by the pool etc...

### Friday, January 15, 2010

7 am: Cruise returns to dock in Port Canaveral at 7 am.

### About the boat and our home for this trip...

The Monarch of the Seas is a magnificent cruise ship with two outdoor pools, two whirlpools, a rock-climbing wall and a new state of the art oversized spa and fitness center. This cruise ship encompasses entertainment and relaxation; it will leave you feeling refreshed and exuberant!

Price includes all seminars, taxes, lodging (interior, double room) & meals.

**Cost: \$970 per person**

Upgrades are available upon request.

Cost does not include airfare to Port Canaveral, FL, outings in Coca Cay and Nassau, alcohol and tips.

SAVE \$100 Early Bird discount: Pay in Full by 11/30/09

Final Reservations and Payments are due by 12/15/09

Pay by Credit Card or Check

Contact [Cathy@RetailMavens.com](mailto:Cathy@RetailMavens.com) to make your reservation NOW!

# 2010

2nd Annual

## Retail Maven Cruise

RETAIL  
mavens



## January 11-15, 2010

4 nights and 3 days

Port Canaveral to the Bahamas

## To laugh, learn, and have fun

# Cruising to Higher Profit and Better Results

## Seminars

### **Facebook, Twitter, Blogging, Email – OH MY!**

Will they really impact your store's business? Yes. Find out how to *use them without wasting time*? Find out how to effectively use these marketing tools to *increase your business*. Learn how to *maximize your efforts*.

### **Want More Successful Employees?!**

You asked for it..and we deliver! Last year, we asked what topic we should cover on this year's cruise. Everyone wanted *information about employees*. How to *hire* them effectively. How to really *motivate* them. *What to do with an underperforming employee!* Bring all your questions! We have the answers.



### **The Retail Mavens Reveal Their Secrets!**

*Back by Popular Demand...* was voted the most insightful and valuable session. Learn the *insider tips* from the most successful Retail Mavens. Although our businesses are different, we are all in the same boat. Everyone will share the two most important secrets that have contributed to their success. What has helped them to operate efficiently? What was their best marketing idea ever? You'll find out!

### **The Retail Mavens Coaching Intensive!**

Next, you have the opportunity to *bring your most challenging issue* and have the chance to get it addressed fully and strategically. If you'd like to benefit from this, be prepared to share where your business is now, what your vision is and what you'd like help with—including two specific outcomes you want to walk away with.

Note: *We will contact you in advance, so that we can delve deeper into your questions.*

---

These meetings work best when we honor the integrity of the event; show up on time, be in communication, honor each other's space and keep confidential each other's business practices and ideas in development. We are here to create a safe and powerful space that allows for significant growth.



At **Retail Mavens**, our promise to you is...

## **More profit and better results... For more fun and better sleep**

This is what we promise to deliver on our Retail Maven Cruise. You will get excellent information that you can implement immediately to generate *more profit*. The clients that went last year experienced more profitable first quarters than those who did not take advantage of this opportunity. Those clients were refreshed and ready to kick the year off with a bang! *Better results* came from meetings that were more productive and strategic.

## **More fun? That's easy to deliver!**

How fabulous to be on a cruise ship in the Caribbean in January with fantastic, successful people! You will *sleep better* knowing that you have taken the time to *PLAN* for a more successful 2010. You will be out of the store, relaxing and meeting with other successful retailers. Who knows what else you'll learn?



## **You deserve to do this for yourself.**

# The Swiss Club of Central Florida (Orlando) Invites the Friends and Members of the Swiss Club St. Petersburg

To a combined Swiss National Day Celebration  
Sunday, July 28, 2013, 12:00 Noon  
Eastmonte Civic Center  
830 Magnolia Drive  
Altamonte Springs, FL 32701



Let's all go and join the legendary festivities in Orlando. There will be a children's' lampion parade, entertainment by the very lively Heimatland Musikanten (The same group who played at the Tampa Airport for the Edelweiss Air inauguration), Alphorn playing contest, and the pièce de resistance, Quiche appetizers and a traditional Swiss luncheon prepared by Swiss Chefs.

We make it very easy for you: FREE bus to Orlando (nice coach with toilet). Pickup:

**Clearwater:** Clearwater Mall on Gulf to Bay, LOWES Parking lot, the far end of the Garden Center.

Time: 8:45 **St Petersburg:** Tyrone Mall near JC Penney's side entrance at the far West side of the Mall;

Time: 9:15 **Note: Please arrive 15 minutes early as the bus will leave moments after boarding and we don't want you to miss it!**

PRICE: Paid-up Members \$15, Guests \$25. Special: Guests who pay \$35 have everything plus 2013/14 membership included!

**RESERVATIONS AND PRE-PAYMENT REQUIRED.** Reserve and send check (made out to: Swiss Club St. Petersburg) to:

Betty Wesolowsky (727) 344-1944, 8017 13<sup>th</sup> Ave S, St. Petersburg, FL 33707-2710, or

Agnes Kissling-Sullivan, (727) 360-4352, 403 Gulfway Apt 203, St. Pete Beach, FL 33706

Sunday, July 28, 2013, 12:00 Noon Eastmonte Civic Center  
830 Magnolia Drive Altamonte Springs, FL 32701

FREE  
coach to  
Orlando

# Swiss National Day Celebration

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