

2017

JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MARCH

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MAY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JULY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOVEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

APRIL

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JUNE

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DECEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Upcoming Events

Bioenergy Therapy*

Group Healing Clinic (4 evening, 6-8pm)

JANUARY 19-22, Temecula, CA
 FEBRUARY 22-27, Temecula, CA
 MARCH 23-26, Temecula, CA
 APRIL 6-9, Temecula, CA
 MAY 24-28, Temecula, CA
 JUNE 15-18, Temecula, CA
 JULY 20-23, Kawai, Hawaii
 AUGUST 24-27, Temecula, CA
 SEPTEMBER 7-10, Temecula, CA
 OCTOBER 12-15, Temecula, CA
 DECEMBER 7-10, Temecula, CA

Individual Bioenergy Therapy Sessions

Call to schedule a session 626-893-0340

Wellness Programs

FREE Health Webinars, 4-5pm

1/28 - Nutrition & Food
 4/22 - 8 Causes of Cravings
 6/10 - Combining Food Simplified
 8/12 - Top 10 Weight Loss Tips
 9/23 - Healthy Snacks
 12/2 - Core Principles of a Healthy Traditional Diet

10 Day Sugar Cleanse

Request by email: info@lifeesteem.com

10 Day Junk Food Cleanse

Request by email: info@lifeesteem.com

10 Day Veggie Cleanse

Request by email: info@lifeesteem.com

Health & Lifestyle Coaching

Call to schedule a session 626-893-0340

Getting Back to Your True Self® NEW

MARCH 11, Temecula, CA
 MAY 13, Temecula, CA
 JULY 15, Temecula, CA
 OCTOBER 21, Temecula, CA
 NOVEMBER 18, Temecula, CA

Life Esteem: Finding Your Purpose®

APRIL 20, Temecula, CA
 NOVEMBER 4, Temecula, CA



~Bioenergy Therapy
 ~Wellness Programs
 ~Health & Lifestyle Coaching

Life Esteem Self Mastery® Webinar

Call dates & times 626-893-0340

Career Transition® Webinar

MAY 20, Temecula, CA
 OCTOBER 28, Temecula, CA

Meditation & Reducing Stress

Temecula, CA:
 JAN 29, FEB 22, MAR 29, APR 26,
 MAY 24, JUN 28, JULY 26, AUG 30,
 SEP 27, OCT 25, or NOV 29

Holidays

Life Esteem Wellness Center
 41593 Winchester Road, Suite 200,
 Temecula, CA 92590

Call for private appointment, or
 to register for an event.
 626-893-0340



www.lifeesteem.com
www.cathychargualaf.com
 (626) 893-0340

Private sessions are by appointment only. We work with each client based on their individual needs. Sessions can be in person, during a group event, or at a distance.

*Bioenergy Therapy is safe, non-invasive, patient friendly, and free of pharmaceuticals. It's a simple way of balancing your body's energy system to promote rapid healing.