

This month's guest:

Coach Brett Blair 

Presented by:

The Best Life Movement

You're at a party, and you spot a friend you haven't seen in a while.

Your friend: "How are you?"

You: "I'm so busy!"

Have you answered like this before? Is busyness something to be proud of?

What if we defined busy as people-pleasing and distracted,
and sought to live on purpose?

LET'S LEARN HOW TO TRADE OUR BUSY LIVES FOR OUR BEST ONES!
(LIKE THESE GUYS)

JOIN US FOR "BUSY IS BAD"



WEDNESDAY, NOVEMBER 8TH
12 P.M. TO 1:15 P.M.

THE FUSION ROOM | THE FRONTIER
800 PARK OFFICES DRIVE, RTP

—RSVP for this free event: www.bit.ly/BusyIsBadWorkshop—