Greetings!

Photo by Melinda Tuttle

When it is dark enough, you can see the stars. *-Charles A. Beard*

Winter Newsletter 2008

- **Vision Board class through Community Schools**
- **Update on Insurance Companies**
- **Videos for the holidays**
- **Websites**
- **My new updated website and blog**
- **Returning Books, video, etc**
- **Lost & Found**
- **Rebecca's Flier**

- **It was so much fun teaching the "Jump Start Journaling" class on October 29th for Montesano Community School. Journaling is a great way to relax and learn more about you. If you would like a copy of the tips you can e-mail me at joannewieser@comcast.net. If anyone is interested in a journaling group please contact me. I will be teaching a "how to" create your own "Vision Board" on January 8th. If you are interested in attending please contact Montesano Community School.**

- **This is a new updated list of insurance companies & EAP's I am a provider for:**

Community Health Plan	**Premera**
Providence Employee Assistance Program	
First Choice Health	**Regence**
Molina	**Uniform**

A very good video just out for the holiday season is "Wall –E" about 2 robots who fall in love. This video is rated G for the whole family.

- **This is a good website with information about families, couples, and raising teens. The site offers a newsletter and great book list. www.smartmarriages. Com**

- **My goal is to have my new updated website: joannewieser.com up and running by December 1st. Please check it out and give me feedback also check out my blog at joannewieser.blogspot.com.**

- **For people trying to obtain a job for the 1st time or starting a new line of work this site offers information on making that first impression 15secondpitch.com.**

- **Please return all books, videos, tapes, and CD's in a timely manner. I try to keep track but it takes time and energy to remember who has what book.**

- **I have a calendar and sunglasses. Please call me to pick them up.**

- **Check out Rebecca Blumberg's flier. She is offering another special for the holidays. A wonderful way to treat yourself and/or a loved one. Massage feels so good and a way to relax during the holidays.**

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