### AN IMPORTANT MESSAGE FROM



My name is Nicole Claude. I am your Registered Nurse, Radio Personality, Media and Inspirational Transformational Leader. I designed this healthy, timely, and comprehensive training that will cause a transformation in your life daily with many potential behavior modifications in areas that you may desire.

As a committed team, we're in the process of educating the people living in our communities (business owners, students, workers, nurses, your staff for example), and Haitians post earthquake about this cutting-edge program.

We're also seeking for your donation, sponsorships, angel gifts and ads in order to help grow our community well-being campaign, a healthier you. We look forward to launch this on demand education. Your support in helping us plan our scheduled social events is greatly appreciated. I can be reached at this e-mail address support@thenicoleclaude-show.com. My web address is www.TheNicoleClaudeShow.com and click Donate.

This training and development is called Your Health+Wealth Care Management Plan.

## Your Health+Wealth Care Management Plan

Our focus is to help you simplify your life and lifestyle and minimize stress, an Easy to Use Management Tool. On becoming self-sufficient and REVITALIZED, your antidote to being stressed and burn out. Our ultimate goal is to educate you on how to thrive! At the community level, we hope to lead together a Health-Wealth Network, Health-Wealth Fair, Health-Wealth Institute and Health+Wealth Research!

It's a 90 day well-being program design to support and enhance your current lifestyle. Upon your completion, you're promised to own your energy, power, productivity, and meet your prosperity- a healthier you. Over all, you'll experience yourself at ease and well-balanced.

#### Our motto is taking care of oneself is no longer known as being selfish.

Do you experience yourself being stressed out, in crisis fatigue (non disease related) or burn out or you just want to meet the Self for the first time or one more time? This 3 hours minimum/3 sessions/3 months course is just for you. We train you in the 3 specific areas of the Self.

#### We also educate you about simple tools and how to's such as:

- How to better care for yourself daily
- How to better manage your daily stressors like going to work for example
- How to minimize stress like going to the doctor (health) or money worries like paying your bills like your car note (wealth)
- How to prevent loss of energy or productivity that may lead to increase fatigue and eventually to burn out

By applying these learned tools to your daily life you can cause beneficial and exciting breakthroughs in many areas of your life and lifestyle as well like:

- Improve your heart and lung functions
- Maximize your energy to help you meet your daily demands with ease
- Increase your undestanding that your health drives your wealth

The organization's goal is to support our devoted and compassionate leaders in elevating the nation of Haiti to a better future or... "soulever le pays."

The Nicole Claude Show and team welcome donations of \$20, \$50, \$75 and \$100.

Please make checks payable to:

"Midwest Communication Network Group" Corporate sponsorship opportunities are available.

Questions, email: nicole@thenicoleclaudeshow.com

Midwest Communication Network Group support@the nicoleclaudeshow.com

# Facebook Page: https://www.facebook.com/Midwest

nttps://www.facebook.com/Midwest CommunicationNetworkGroup

Your Health+Wealth Care Management Plan: support@thenicoleclaudeshow.com https://www.facebook.com/

Haitian-American Nurses Association of Illinois, Founder, President (initiatives) support@thenicoleclaudeshow.com

We Link. Promote. Your voice is on RN, Radio Personality, Media, Inspirational Transformational Leader ( ITL)

Nicole Claude completed a 30 minute program and a 1 hour show with Caribbean TV that will soon be aired. To See The Nicole Claude TV Show Episode #1, visit: http://youtu.be/xl k0rCoCjc

To see Nicole's Public Service Announcement (PSA), check out: http://youtu.be/jGryp06zK6M

To read more about Nicole & her work with the Haitian Community, visit: http://www.haitiantimes.com/haitian-radio-personalities/

