

JANUARY

## UPCOMING CLASSES & EVENTS

Fri. January 20th  
10 AM to 12:30 PM

American Red Cross -  
Hybrid BLS CPR - 2 Year  
Certification

Hosted by:

Elite Massage School

Location: Elite Massage School

Fri. January 20th  
1:30PM to 5:30PM

Profesional Ethics, Law &  
Communication

Hosted by:

Elite Massage School

Location: Elite Massage School

# HUSTLE FOR THE MUSCLE

*Official Newsletter of Elite Massage School*



## MAKING RESOLUTIONS THAT LAST!

It is that time of year where where we set goals and intentions for the new year. While goals are important in helping us with the direction we want to go. They can leave us feeling let down when we are not reaching that goal at the pace we expect.

Completing these resolutions is a very common struggle. Many people start off strong and then slide back into old habits. We fall short or completely abandon the resolution months later.

# FEBRUARY

## UPCOMING CLASSES & EVENTS

Sat. February 11th

9 AM to -5:30 PM

TCM Cupping & Gua Sha

Hosted by:

Meridian Energy Massage

Location: Elite Massage School

Sun February 12th

9 AM to 5:30 PM

Acupressure (Lower Body).

Hosted by:

Meridian Energy Massage

Location: Elite Massage School

Sat. February 25th

2 PM to 5 PM

Introduction to  
Aromatherapy - Part 1\_

Hosted by:

Michelle Ensley

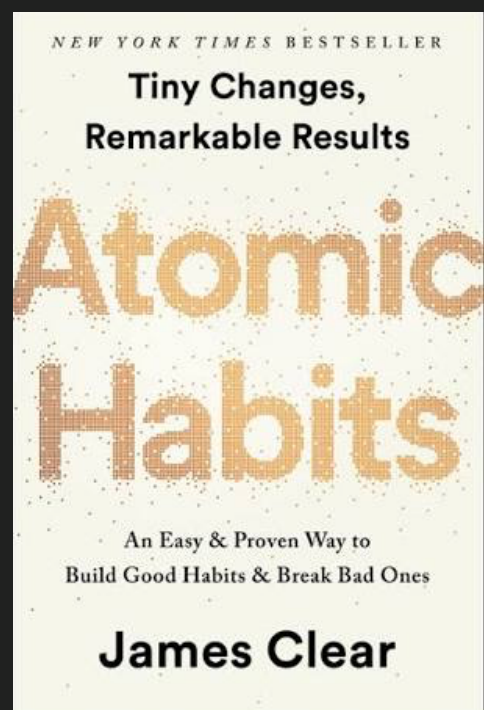
Location: Elite Massage School

Setting small systems in place to accomplish this goal is really where our focus should be. If you set small achievable tasks or routines that slowly lead to your resolution; you have a better chance of creating a long lasting habit.

Take a deeper look at your goal and prepare yourself. Jumping in and going full speed can lead to us falling back into old habits and doubting our ability to achieve the goal.

The small changes may not seem significant but they can sometimes be the most meaningful in the long run.

This is a great read or listen if you are trying to create long lasting habits for your resolutions.



# THANK YOU FOR YOUR SUPPORT!



FOR MORE INFORMATION ON CLASSES  
& OUR NEW SCHOOL VISIT:

ELITE MESSAGE SCHOOL

ELITE-MASSAGE-SCHOOL.COM

ADMIN@ELITE-MASSAGE-SCHOOL.COM

