



**Christie Swick, Success Coach**  
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Have you or someone you know ever used a coach for sports, health, career or finances?

Your company offers Success Coaching services to assist with any personal, home or work challenge. You succeed - your company succeeds!

#### **Aspen Surgical**

6945 Southbelt Dr SE, Caledonia, MI

- ◆ Friday: 8:30AM-5:00PM (1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup>)
- ◆ Friday: 7:00AM-3:30PM (3<sup>rd</sup>)

#### **Holland Home**

2100 Raybrook SE, Grand Rapids, MI

- ◆ Wednesday: 8:30AM-5:00PM

#### **Ranir, LLC**

4701 East Paris Ave SE, Grand Rapids, MI

- ◆ Tuesday: 8:30AM-5:00PM (1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>)
- ◆ Tuesday: 7:00AM-3:30PM (3<sup>rd</sup>)

#### **Sunset Retirement Community & Services**

725 Baldwin St, Jenison, MI

- ◆ Mon: 8:30AM-5:00PM (1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>)
- ◆ Mon: 7:00AM-3:30PM (3<sup>rd</sup>)

1st/3rd & 2nd/4th = week of the month

#### **Walk-in Welcome**

Call, email or text for appointments. Off-site meeting locations available. Request additional times if needed.



## **Create a Budget SYSTEM and Save**

If you come to see your Success Coach about any financially-related issue, they will most likely ask to take a look at your budget.

**Why budget?** Some people find the concept of budgeting to be restrictive and unnecessary. The real purpose of a budget is to assign each dollar to a specific place. You should never have to say to yourself "I can't pay my bills." Establishing a true budget will allow you to see where every dollar is spent, find solutions to short falls, and track the progress of your financial goals.

**A budget tells a story.** Heath Ring, Success Coach for the Marion ERN, stresses the importance of using a system for managing your money. "When an employee and I sit down and create a budget, it reveals other areas that may need to be addressed by some form of assistance," said Heath. "Not following a budget or trying to track everything off the top of your head can be problematic and causes an unnecessary amount of stress."

**Judgement free environment.** Don't be embarrassed if you haven't been following a budget. The important point is that you are now making a commitment to start a system. Once you have a plan in place, good things are sure to follow.

Sources: Michigan ERN & Ohio ERN

## **American Heart Month: Focus on Blood Pressure**

"An overwhelming number of Americans are living with uncontrolled high blood pressure, putting them at increased risk for heart attack and stroke," said American Medical Association President, David Barbe.

**Know your blood pressure numbers.** LowerYourHBP.org can help you better understand your numbers and take steps to lower your high blood pressure. Often with no symptoms, it is often referred to as the "silent killer." If untreated, it can damage blood vessels and increase the risk for heart attack, stroke, and other serious conditions.

**Follow a treatment plan.** Work with your doctor to create an individualized treatment plan that focuses on healthy lifestyle changes that you can stick to long-term in helping maintain lower blood pressure.

**Be more physically active.** Regular physical activity can help reduce the risk of developing high blood pressure. Healthy adults 18-65 years of age should get at least 30 minutes of moderate-intensity aerobic physical activity five days per week, or 20 minutes of vigorous aerobic physical activity three days a week.

**Eat a healthy diet.** Eat less sodium and processed foods; increase your consumption of potassium rich foods.

**Maintain a healthy weight.** Take steps to lose weight - 20 pounds or more overweight could put you at increased risk of developing high blood pressure.

Source: American Medical Association



## **Philosopher's Square**

"A positive attitude gives you power over your circumstances instead of your circumstances having power over you." - Joyce Meyer