

Metropolitan Design and Consulting Group, Inc.
Presents

SOLUTIONS FOR LIFE!

"Helping You Make Successful Choices in Life to Last a Lifetime!"

**TCC Capitol Center at Mary Brogan Museum/Kleman Plaza
300 W. Pensacola Street, Tallahassee, Florida**

Featuring **"World Renowned"** Motivational Speaker and Recording Artist

Kristie Kennedy

12 noon to 12:45 pm
or
1:00 pm to 1:45 pm
or
2:00 pm to 2:45 pm
**LUNCH PROVIDED BY
STEAK OUT!**

Only \$30
per session
**Includes Lunch &
Workbook!!!**
Pre-Registration Required
(2 days prior)

**TO REGISTER CALL
850.878.5818
or FAX 850.878-5816
or e-mail
info@mdcgconsulting.com**

Session 1: Finding Your Purpose in Life

Session 2: Understanding Finances and
Eliminating Debt

Session 3: Maintaining A Winning Attitude

Session 4: Combating Stress

Session 5: How to Communicate
Effectively

Session 6: Becoming a Leading
Influencer of Excellence

*Dates for all seminars
To Be Announced!*

Sponsored In Part By:



METROPOLITAN DESIGN AND CONSULTING FOUNDATION
... BUILDING A LEGACY FOR THE FUTURE



A portion of the proceeds from these seminars will benefit MDCF Foundation for Youth.