



The Future Within

Smoothing the way for women
who have lost a spouse
to chart a new course.



Patricia Muscari

Dear Diane,

Welcome to Fresh*Breezes - thoughts and tips to move life along... I am just about to fly back home to Denver after three weeks visiting my Mom in Maryland. We had a great time-- many laughs, a few tears, fun catching up, evenings on the balcony, counting new baby ducks. And the world's problems? Done. Piece of cake! And pie...etc., etc.

The Shape of Things or Keep Moving ~ my chiropractor

Emotionally and spiritually, these weeks were a wonderful time. Physically, I was beginning to feel dull and lethargic--not enough physical exercise. One morning, needing some fresh air and a break, I walked casually through a neighborhood filled with azaleas of every color and dogwood trees in bloom everywhere. Ah, the lush growth of the East Coast.

This gradually turned into almost :) daily, 3-mile very fast walks, from my mother's condo to the D. C. line and back, still enjoying the wonderful color and foliage of the beautiful city -- an excellent cardio workout! Exercise always boosts my energy. Back home, meeting with friends to do pilates, weights and walking helps to keep me on track with the workouts. This month was a pleasant substitute to help me **keep moving** and working on **the shape of things**

[More Information](#)



One on One Coaching: Hiring Your Own Coach

Make a lasting difference in your life. Hire your own coach and begin to chart your own course!

Call Patricia Muscari at: 303-794-7824

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"Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible.
~St. Francis of Assisi

Topic of our next issue on June 14: **If I Jump Off the Dock, Will I Swim?**

With sincerity and gratitude,

A handwritten signature in cursive script that reads "Patricia".

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