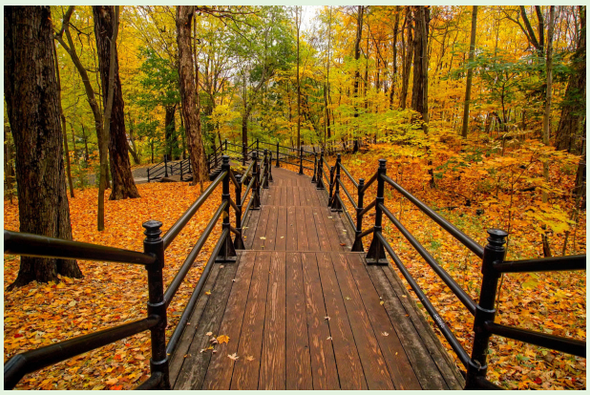
Whispers from Tanglewood
Autumnal Equinox



September 21, 2024

Are you one of my fortunate friends who feel you are on your life's path? You feel your purpose and you shine for all the world to see?

During this lifetime, we are provided many opportunities to learn, grow, well...evolve. It is helpful to engage in mindfulness practices to take account of what in the world is actually happening. What messages or clues are presented to us and do we follow these hints or do we continue on doing what we're doing, head down, body numb? The Equinox marks the time of year when day and night are equal. During this time of balance, I invite you to turn inward and take account of your life's path. This is a beautiful time to lean into the balance that nature provides and see what subtle shifts support you returning to your path should you find you've gone astray.

Be free, be joy, be peace.
Lots of love,
Julie

ANNOUNCEMENT!

Just Launched

Find Your Peace Experiences!

Julie has partnered with Rachael Karcz and Brooke Hagerty in this venture. We provide a platform for a new kind of Organizational Team Building Experience! Bring your team together in a specially curated six-hour experience held at The Little Peace of Heaven Ranch, home to The Girl Next Door Holistic Beauty and Healing Center. Healing is the key word here. We want your team to spend time pouring back into themselves to find a sense of calm, peace and centeredness. From this space they will return home and back to work restored with fresh eyes. Isn't that cool?

This is just another way that Tanglewood's Vision, Peace on Earth, gets closer!

To learn more **CLICK HERE!**
Let us host and heal you and your people.

New Roles

I am so pleased to announce the addition of two roles in my life and expanding purpose!

I am the new Chairperson for the **Healthy Aging Leadership Team (HALT)** in Carroll County. This is a three-year post and I am excited to pick up this responsibility after the service of my dear friend Lauren Hickey of Right At Home. Big shoes to fill but I will do my best! HALT is a program under The Partnership for a Healthier Carroll County. Learn more HERE!

In addition, I recently joined the Board of **YES! (Young-onset dementia Education and Support)**. I will do whatever I can to assist in the facilitation of care and activities for those living with this disease during our monthly meetings. Also, I am actively seeking partners in our community who wish to learn more and become involved. There is so much to do for this underserved demographic. Young-onset is highlighted by dementia diagnosis prior to the age of 65, often in the 30s, 40s, or 50s. These beautiful souls are still working and raising families. There is much to do and an urgency indeed! **CLICK HERE** to learn more!

Testimonial

We are so grateful to the Frederick County Public Schools' Family Support Services - Partners for Success team for acting as the first *Find Your Peace* client.

Well, that's a wrap for this year's Caregiver event! It was truely such a relaxing and much needed day for these amazing caregivers. From releasing negative emotions, yin yoga, sound therapy, art therapy, massages and Reiki to connections, laughs, and new relationships…it was an unbelievably positive day. FCPS Family Support Services - Partners for Success wants to remind everyone to take care of yourself and give yourself some grace. Taking time for you is never selfish.
A special thank you to Tanglewood Life Coaching, LLC, The Girl Next Door Holistic Beauty And Healing Center, and The Chick for making this day count for these caregivers!

Special Offering

Reiki Level I Certification is Here!
Two Dates: Monday, October 21nd and Saturday, November 2nd
9 AM - 3 PM in Westminster, MD

If you are considering learning more about Reiki Energy Healing or have interest in becoming certified to provide Reiki for yourself or others, Tanglewood offers a Reiki Training Program! Reach out to Julie at 443-250-6360 or julie@tanglewoodlifecoaching.com for more information! This world needs more healers, let's see if one of them is you!

Tanglewood Core Services

Or Browse Offerings on the Website

Reiki Energy Healing

Reiki (pronounced rake-ee) is an energy healing technique that transfers universal life energy through practitioner's hands to balance energy, and heal the body and mind. Incredibly relaxing and gentle.

Fee: $80 per Session

To learn more contact Julie at 443-250-6360 or julie@tanglewoodlifecoaching.com

Adult and Teen Life Coaching

Do you feel stuck? Do you feel anxious, angry, sad or lifeless? You are not alone. Many wander through their days thinking, "Is this it?" If you have any of these feelings and if you find yourself questioning what you can do to feel better please reach out to me to schedule private coaching. Many times, just a few sessions will allow you to feel lighter and happier, more hopeful.

Fee: $80 per session

To learn more contact Julie at 443-250-6360 or julie@tanglewoodlifecoaching.com

Event Speaking

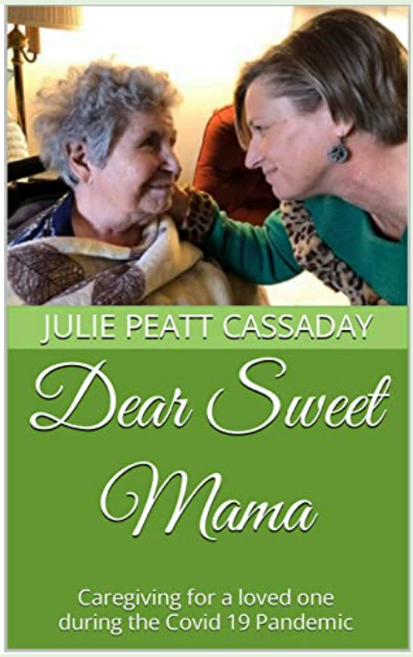
If your organization is in search of a speaker for your next event, depend on Julie Cassaday to bring the just right words, compassion, and authenticity to your audience. Available content includes Mindfulness, The Importance of Self-Love, Healthy Communication, Change Management, Releasing Negative Emotions, or Caregiver Health and Well-Being.
To learn more contact Julie at 443-250-6360 or julie@tanglewoodlifecoaching.com

Dear Sweet Mama

This singular story shines a light on the role of a caregiver, the professionals, the family members, and the person for whom the care is needed. Though there is heart break in watching a loved one disappear a little bit every day from dementia, there are equally as many gifts – if you take the time to look for them. Often the gifts show up in hindsight, long after the loved one leaves this Earth. As you turn the pages of Dear Sweet Mama, Julie has this to say: "You will feel your heart on this ride and I hope too, that you will smile as you wipe away a tear. This journey is for you and about you just as much as it is about me. All of us will have a time in life where we care for someone and we are so close to the end of another's journey that it takes our very own breath away."

Now at Carroll County Public Library!

Dear Sweet Mama, authored by Tanglewood's Founder, Julie Cassaday is available at *Rudolph Girls* in Westminster, MD or in various formats via *Amazon.*



Rudolph Girls

CCPL

Amazon

Upcoming Events

(Please contact Julie for more details or to schedule your next event 443-250-6360 or julie@tanglewoodlifecoaching.com)

Monday, September 30, 2024, **Releasing Negative Emotions** @ Atrium Village 4730 Atrium Court, Owings Mills, MD 21117 2 PM - 3 PM

Tuesday, October 1, 2024, **Heart and Mindful** @ Carroll Lutheran Village - **A Carroll County Community College Event** 1 PM - 3 PM

Wednesday, October 2, 2024, **2024 Frederick Caregiver Conference** @ Frederick Health Campus Frederick, MD Julie Cassaday will present a program **The Caregiver's Dilemma: The What and the How of Self-Care** 6 PM

Saturday, October 4, 2024, **Rudolph Girls' Local Author Event** @ The Downtown Westminster Farmers Market 8 AM - 12 Noon. Stop by and say hello and grab your signed copy of *Dear Sweet Mama, Caregiving for a Loved One during the Covid 19 Pandemic*!

Wednesday, October 16, 2024, **YES! (Young-Onset Dementia Education and Support) monthly meeting** 6 PM - 8:30 PM @ Trinity Episcopal Church 120 Allegheny Ave, Towson, MD

Monday, October 21, 2024, **Level I Reiki Certification Training**, Westminster, MD 9 AM - 3 PM

Tuesday, October 22, 2024, **Village Crossing Caregiver Support Group**, Worman's Mill Frederick, MD 2 PM - 3 PM **The Importance of Self-Love**

Wednesday, October 23, 2024, **Program - TBA** @ Atrium Village 4730 Atrium Court, Owings Mills, MD 21117 2 PM - 3 PM

Saturday, October 26, 2024, **The Greater Baltimore Walk to End Alzheimer's**, Hunt Valley Town Center, Hunt Valley, MD Check-in 7:30 AM, Opening Ceremony/Walk 8:30 AM. For more information or to register **CLICK HERE!** I am holding a very special place in my heart for the wonderful Melissa Snyder who managed this walk for several years. Melissa died unexpectedly this year at the young age of 41. I know she will watch over all of us during this event which meant so much to her.

Saturday, November 2, 2024, **Level I Reiki Certification Training**, Westminster, MD 9 AM - 3 PM

Wednesday, November 20, 2024, Julie will present **Mindfulness for Mental Well-Being** at the monthly **COGS Membership meeting** @ The Nonprofit Collaborative of Howard County 9770 Patuxent Woods Drive Columbia, MD

Wednesday, November 20, 2024, **YES! (Young-Onset Dementia Education and Support) monthly meeting** 6 PM - 8:30 PM @ Trinity Episcopal Church 120 Allegheny Ave, Towson, MD

Tuesday, December 17, 2024, **Village Crossing Caregiver Support Group**, Worman's Mill Frederick, MD 2 PM - 3 PM **Releasing Negative Emotions**

Wednesday, December 18, 2024, **YES! (Young-Onset Dementia Education and Support) monthly meeting** 6 PM - 8:30 PM @ Trinity Episcopal Church 120 Allegheny Ave, Towson, MD

***Please do not let fees be a barrier to engaging with Tanglewood. Contact Julie to discuss your needs

Westminster, MD, USA
443.250.6360

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