



WELLNECESSITY NEWS...

REFLECTIONS...

As I sit down to write, I am reminded of a quote by T.S. Elliott that says, “What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.” With that said — since this was our founding year at Wellnecessity and the “beginning” of our company’s journey, I thought the year-end was an appropriate time to launch our first Wellnecessity Monthly Newsletter! I do hope our Newsletter will provide you with something of interest each month or perhaps can even be a source of inspiration in the days ahead.

As for now, I hope that you are all enjoying this wonderful holiday season and I would like to thank all my friends for their support and love throughout this year of beginnings for me. Finally, I wish for each of you that the coming new year will be the beginning of all *your* dreams come true.

During these busy holiday times our thoughts often focus on just “surviving” the madness and anticipating the coming new year. We often console ourselves from all the craziness and indulgences by saying that we will start anew with plans and resolutions come January 1st. This year I would like to suggest adding a slightly new perspective to the season. Instead of focusing on negative thoughts and things we wish to do better—I challenge you to look back at all of your successes for the year. I know this can be challenging right now, after all 12 months have come and gone with the blink of an eye, and as the holidays approach we feel as though we are merely treading water. Sound familiar? Well, I urge you to try to take a moment to reflect upon the year. What were the highlights? Surely something comes to mind; if not, take a moment to look back at your calendar and recall some of the things you did. Did you:

- Attain a goal or accomplish something you set out to do?
- Develop any new skills, habits, knowledge?
- Experience some personal growth? Lessons learned?
- Stop doing something you were having difficulty with?

Don’t forget to relish in the growth of your children, new relationships and happy occasions. All of these are part of your successes! You should congratulate yourself for all you have done!

You might be reminded of the many “Top 10” lists that will appear on television and in newspapers and magazines. I encourage you to create a “Top 10” list of your own or with your family. Think about all you have done this year. While you are creating your list, perhaps you can do it as a family, reminding others of the activities that have made your list. Let them know that they are a part of your “Top 10” celebration. Hopefully you will get to enjoy the happy moments together all over again!

I guarantee that with this new attitude toward the holidays and the coming new year you will be filled with a much different feeling. As you enter the new year, you might even give some thought to how you will re-create some of these occasions. Or - when something new occurs, you may remind yourself that it could be something to add to next year’s list. As a result, I think you will be amazed at how many things begin to hit your lists every year!

We hope you will read on and celebrate with us a few things from our “Top 10” List. Enjoy the memories - here’s to the beginning!

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WHAT IS WELLNECESSITY?

We are a coaching and consulting company dedicated to working with individuals to live the lives they truly desire!

We believe that living life in this way is the true meaning of **WELLNESS!**

Wellness is more than just good physical and mental health. A “well” life is **PURPOSEFUL** and **BALANCED** in all aspects.

This includes your career, family, relationships, personal development, spirituality, finances and health.

For us, living life in this way is a **NECESSITY!**

GIRLS “U”NIVERSITY WINS AWARD!

Our **Girls “U” niversity** program was recognized by the National Council of YMCAs as one of the “Best New Programs in 2004” and was featured on 92.3 FM KROCK Magazine



Our **Girls "U" niversity** program was recognized by the National Council of YMCAs as one of the "Best New Programs in 2004" and was featured on 92.3 FM KROCK Magazine this summer.

Our program, designed by Mary Jo Kurtz, for girls ages 9 to 14, was launched earlier this year at the Red Bank Community YMCA with rave reviews.

Through fun and creative activities, the program. "Who Am I and Where Am I Going?" helped participants explore personal goals and dreams as well as understand, foster and celebrate positive self images, relationships and other life choices that are often challenging for girls at these ages.

If you would like to receive more information about our **Girls "U"** programs or are interested in bringing the program to your area, please contact us.

Look for exciting new plans for the program in 2005. We'll be on tour with one of our favorite people, Writer, Director, TV and Radio personality, Julie A. Lynch. We'll keep you posted on appearances!



MJ's "Girls"!

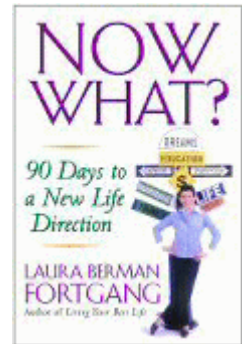
NOW WHAT? 90 DAYS TO A NEW LIFE DIRECTION

We are very excited to announce that this year we became licensed administrators of the new program, **Now What? 90 Days to a New Life Direction**.

Based on the new book written by best-selling author and pioneering life coach Laura Berman Fortgang, the **Now What?** program has been used with hundreds of clients who have successfully made major changes in their lives.

The **Now What?** program includes inspiring and empowering exercises, tools and discussions. It can be done individually or in a small group setting. It is designed to challenge you to identify what is missing in your life and what will bring you the most meaning, satisfaction and financial gain. The process is a concrete and practical way to finding and pursuing a new path for your life. It will dare you to dream bigger than you ever have before — all in just 90 days!

Small group workshops are beginning with Mary Jo this January in Wall, NJ. Please call for more information or to register early! Seating will be limited. Or e-mail us to get started on an individualized coaching program tailored just for you.



Join us for this amazing new program that has been changing the lives of people all over the world!

WE CAN'T CHANGE OUR AGE, BUT WE CAN STOP LOOKING OUR AGE!

ARE YOU READY FOR A MAKEOVER IN 2005?

We are pleased to announce that **Fay Rahal-Hunter** has joined the Wellnecessity Coaches Team! Fay is a professional image coach and make-up artist with over 10 years' experience with such companies as Estee Lauder, Clinique and Bobbi Brown. She is getting rave reviews and is available for individual consultations as well as our Wellnecessity Makeover Parties!

You may attend our next party or gather some friends and host a party of your own! It is guaranteed fun while you experience the difference of our amazing all-natural herbal skin care products! Each party guest receives a trial skin care set and directions for proper skin care routines and techniques, color recommendations, as well as make-up application tips and techniques. We provide everything for the party and the hostess receives a personal make-up lesson and cash bonus, just for hosting the party! If you are interested, call or e-mail us for more details.

Fay also shared with us some quick tips for helping your skin survive this holiday season. She says...

Once again we find ourselves in the midst of the holiday season where a huge emphasis is placed on looking glamorous by using many wonderful, glittery and fun products. My recommendation is to go all out by playing and experimenting with new looks this season. Just do



Worried about Lines And Wrinkles?

Learn How Our All Natural, Herbal Skin Care Products and Cosmetics Can Help!

Once again we find ourselves in the midst of the holiday season where a huge emphasis is placed on looking glamorous by using many wonderful, glittery and fun products. My recommendation is to go all out by playing and experimenting with new looks this season. Just do not forget that at the end of the day proper face cleansing and make-up removal is essential to keeping your skin healthy.

Two in one cleansers/make-up removers are detrimental to the health of your skin. It is necessary to use a make-up remover to take off the oil-based products. Then follow with a proper cleanser to effectively clean your face. Otherwise, you are contributing to clogged pores and damaged skin. Today's cosmetics are made to be long-wearing and long-lasting. So, your mother's cold cream, soap and water just will not do. Remember this tip and have a beautiful holiday season. Go ahead and wear that red lipstick! You look great!

Questions for Fay? E-mail her at coachfay@wellnecessity.com.

OUR MONTHLY WELLNESS TIPS...

HOW CAN YOU BOOST YOUR BODY FOR THE COLD AND FLU SEASON?

As winter is here, it is also that time of year when germs seem to be everywhere and it is hard to not catch something! Even for me! Without fail, I am asked by someone, if I develop a sniffle, or worse, "How can YOU be sick?" The truth is—I do not live in a bubble. No one does. I come in contact with germs just like everyone else. I wish I didn't, but I have not figured that one out yet! So, as a result, there are some precautions that I take as winter approaches. Most importantly, I build up my immune system to better handle the fight for when the germs come knocking. Here's a few of my favorites:

In addition to my basic Sunrider program, I always increase my consumption of Sunrider's **Alpha 20C**. This formula is a food that nourishes the immune system by strengthening the bone marrow, liver and adrenals. A healthy immune system is critical to resisting foreign substances such as viruses and bacteria and also controls the growth of dangerous and destructive cells.

I also eat Sunrider's **Chinese Golden Seal Root**. Unlike most Golden Seal found in health food stores, which is mostly just ground-up leaves, Sunrider uses only the root, which is most revered for its potency. It is said to be extremely beneficial in relieving congestion and fighting infections. It is considered one of nature's greatest antibiotics and acts as a tonic for your whole system.

Another favorite is the Sunrider **Citric C** tablet. This is a chewable tablet that contains 200% of the recommended daily value of vitamin C. Vitamin C is a powerful antioxidant which stimulates our immune systems and helps our bodies fight invaders. Sunrider's Citric C also has added bioflavonoids and green tea leaf extract. These possess antiviral, anti-carcinogenic, anti-inflammatory, antihistamine, and antioxidant benefits.

Be well, friends. Please call us at 732-449-3887 or e-mail us at mjskurtz@wellnecessity.com to experience the rewards of the Sunrider foods for yourself.

You are receiving this as a courtesy from Mary Jo S. Kurtz, Certified Empowerment Coach and Wellnecessity. If you like this issue, and you are not yet a subscriber, you need do nothing to receive future issues. Please feel free to pass it on. New subscribers may contact us at www.wellnecessity.com. If you wish to be removed from our list, please [click here](#).

Questions or comments? E-mail us at mjskurtz@wellnecessity.com or call 732.449.3887