Cheryl Porior-Mayhew

facinglifechallenges@gmail.com

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Name Cheryl Porior-Mayhew

Business Name Facing Life Challenges

E-mail facinglifechallenges@gmail.com

List your topic(s)

Topic/Title	Brief Description
Facing Life Challenges	Facing challenges in life? Learn some tips and techniques to help you stay sane. We will cover everything from meditation to prayer, Qi Gong to Tapping (EFT). It will be an interactive session and you'll leave relaxed and inspired to find some peace in your life.