

WHY WOULD I NEED COUNSELING?!

- All of my children are out of the house and I'm having difficulty adjusting.
- I don't look the way I did when I was younger and I'm having trouble accepting it.
- Someone close to me just died and I'm dealing with a lot of emotions.
- Things are just not working out in my marriage.
- I feel depressed and anxious.

“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.”
-2 Corinthians 4:16

Some *baby boomers* may feel as if they are literally wasting away as their bodies age. They may have become unhappy with the way that they look. Other things in life may be becoming hard to deal with and help is needed.

HERE AT **BACHMANN & ASSOCIATES** WE UNDERSTAND WHAT YOU MAY BE GOING THROUGH. COUNSELORS ARE AVAILABLE TO HELP YOU ACCEPT THE CHANGES IN YOUR LIFE, DEVELOP A HEALTHY SELF-IMAGE, AND GET YOU THROUGH TOUGH TIMES. CALL TODAY TO SCHEDULE YOUR FIRST APPOINTMENT.

BACHMANN &
ASSOCIATES
INCORPORATED

8669 Eagle Point Boulevard Lake Elmo, MN 55042 Phone: 651-379-0444 Fax: 651-379-0448
www.bachmanncounseling.org