

# JOYAIR 7 STEPS TO SELF ADVOCACY

Group or Individual Spiritual Support and Guidance

In-depth "Individual Lifestyle Assessment"

In-depth "Individual Action Plan"

All Inclusive Client Participation

Safety and Privacy Protection

Always a Judgement Free Zone

Open Line of Communication

*"The best investment anyone can make is time in oneself.  
Remember you get out of yourself what you put in!"*