



RUBY RED  
DESIGN STUDIO

# PRINT SAMPLES

# MARCH



# MATNESS

▶ Visit us on YouTube to watch each exercise, plus modifications and different ways to take each pose up a level!



6 REPS

1

Pelvic Tilts



6 REPS

2

Bridging



6 SETS

3

Single Leg Stretch



6 SETS

4

Criss Cross



6 REPS

8

Prone Leg Lifts



5 REPS

7

Swan



5 REPS

6

Double Straight Leg Stretch



5 REPS

5

Double Leg Stretch



8 SETS

9

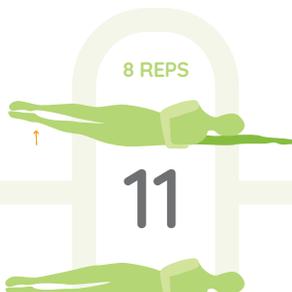
Swimming



10-30 SECONDS

10

Plank



8 REPS

11

Side-lying Leg Lifts

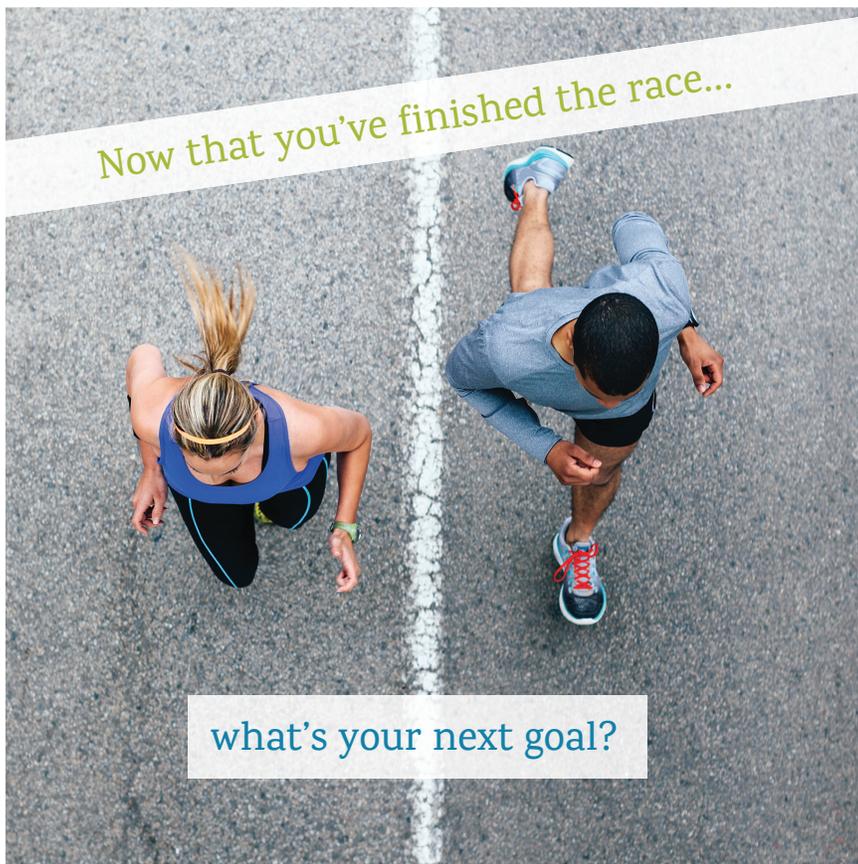


8 REPS

12

Mermaid





**1**

Not only is there nothing wrong with you, but also:

You are even **stronger** and **more capable** than you realize.

[www.evolveihc.com](http://www.evolveihc.com)

**When you are first starting to think about making a change, no matter how small or large, some self-doubt can creep in to your mind.** That is normal and natural! But don't let the doubts get the better of you, and don't believe everything you think.

**Just because you want to change something in your life doesn't mean you're broken.** In fact, the desire to change is healthy, positive, and a sign of strength! So embrace yourself as you are, right now, at each and every moment, and know that each moment presents another opportunity to choose what's right and best for you.

**That ability to choose is incredibly powerful** – a lot more powerful than the negative, doubting gremlins in your mind. So trust yourself, believe in your strength, and move towards what you want most.

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**2**

You aren't helping anyone by being dissatisfied or unhappy, and you can't pour from an empty jug.

[www.evolveihc.com](http://www.evolveihc.com)

**Sometimes midlife for women can feel like a trap.** You've already made some choices—like having a family or a particular career or a place to live—and those choices can feel limiting and permanent. So on you slog, day after day, feeling unable to improve or change things.

*"I can't do that, because of the kids."  
"That won't work because of the house."  
"No way – my job won't allow it."  
"There's not time for that."*

**But who are you serving when you are miserable?** Surely your loving friends and family don't want you to be dissatisfied. And you can't be any of the wonderful things you are or do the terrific things you want to do when you're empty, worn out, and spent.

**Changing might be hard, but not as hard or as draining as doing the wrong thing for you.**

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**3**

Any great journey needs a destination!

What's yours?

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**Who do you want to be when you grow up?** Midlife presents a perfect opportunity to ask yourself that question again—a perfect time to dream, fantasize, rediscover, reclaim, and restart.

**You don't have to know all the answers right away, because you know that not all who wander are lost.** Trying things out and exploring your options can be invigorating, and it may even help you to recognize parts of your life that you don't want to change after all.

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## We can help you succeed.

Evolve IHC can help you move from where you are in life to where you want to be. Achieve your goals more quickly and with fewer roadblocks than you can on your own. Become motivated, empowered, and passionate about what really matters to you in every area of your life.

Contact us and mention **Not So Normal** for a free, 45-minute coaching session (a \$125 value)

## Why wait to Evolve?

919-357-2450 | [laura@evolveihc.com](mailto:laura@evolveihc.com) | [www.evolveihc.com](http://www.evolveihc.com)



**If you are ready to explore this exciting and fulfilling process in greater depth and want to work with a professional health, wellness, and lifestyle coach, please email me at [laura@evolveihc.com](mailto:laura@evolveihc.com).** We can schedule a complimentary, 15-minute breakthrough strategy session by phone, Skype, FaceTime, or in person at my office. This brief chat will give you a good sense of how I work, what the coaching process will be like, and if our partnership feels like a good fit to you.

**Thank you so much for inviting me on your journey to greater health and life satisfaction!** I hope that these tips have been helpful to you, and I would be honored to partner with you again in the future.

**Why wait to Evolve?**

All the best,  
*Laura*



## Registration Details

**2017 COMPLIANCE WORKSHOPS**  
 March 7, 8 & 9 in Raleigh/Durham, NC  
 Attend 1, 2, or 3 days - 8:30 am - 4:00 pm

**DoubleTree by Hilton at RDU Airport**  
 4810 Page Creek Lane, Durham, NC 27703  
 Call: 919-941-6000  
**Room Rate:** \$139 (Block closes Feb. 10th)

Early REGISTRATION	General	Subscriber
One Day	\$299	\$239
Two Days	\$469	\$375
Three Days	\$639	\$511

Early Registration Ends February 10th

Regular REGISTRATION	General	Subscriber
One Day	\$329	\$263
Two Days	\$509	\$407
Three Days	\$689	\$551

**WHO SHOULD ATTEND?** CEO, COO, clinical leadership & management, compliance, HR, QAPI, education, risk management and board members.



Questions? [info@hospicefundamentals.com](mailto:info@hospicefundamentals.com)  
 Register at [www.hospicefundamentals.com](http://www.hospicefundamentals.com)

HOSPICE FUNDAMENTALS  
 KNOWLEDGE • EXPERTISE • COMMON SENSE  
 119 BOLDLEAF COURT  
 CARY, NC 27513

*Details inside!*  
 Interested in bringing days 1 and/or 2 to your hospice or your state? Contact us; we'll be happy to explore the possibilities with you.

the  
**2017**  
 HOSPICE FUNDAMENTALS  
*Compliance*  
 Workshops

the  
**2017**  
 HOSPICE FUNDAMENTALS  
*Compliance*  
 Workshops

*JOIN US*  
 in Raleigh/Durham in March.  
 Choose from 1, 2, or 3 days of top notch education.



HOSPICE FUNDAMENTALS  
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**We Work**  
*magic!*



**Monitoring, Analysis,  
 Mentoring and  
 Top-Notch Education**

To experience the Hospice Fundamentals education magic in action, email us at: [heretohelp@hospicefundamentals.com](mailto:heretohelp@hospicefundamentals.com) and receive a code for a free webinar.



[www.HospiceFundamentals.com](http://www.HospiceFundamentals.com)

THE 2017 HOSPICE FUNDAMENTALS COMPLIANCE WORKSHOPS  
*Save the Date*  
**March 7th - 9th**  
 RALEIGH, NC  
 Attend for 1, 2, or all 3 days.

*Why*  
**HOSPICE FUNDAMENTALS?**

It's the 9th year of top-notch workshops from the recognized experts in hospice compliance - join us in Raleigh/Durham and see why! What makes the difference? The depth of our actual operational experience, common sense and commitment to the highest quality care.

*The Fundamentals Promise:*  
 All participants will leave our workshops with:  
 Full understanding of current risk areas  
 Ability to identify and plan actions specific to their own hospice  
 The practical tools and resources to support them in applying workshop content



*Registration NOW open!*  
 Questions? [info@hospicefundamentals.com](mailto:info@hospicefundamentals.com) | Register at [www.hospicefundamentals.com](http://www.hospicefundamentals.com)

*Foundational DAY 1 | March 7th*  
**Documentation: A Structural Approach to Taming the 1,000 Genie!**  
 A workshop within a workshop, this offering is built on the premise that documentation problems are often a symptom of a larger issue: structural deficits in the compliance framework. Participants leave this workshop ready to successfully tackle both challenges.

*Advances DAY 2 | March 8th*  
**Advance Compliance Drill Down: Care Planning**

What do we promise patients and families? Care planned and delivered to meet their unique circumstances, wishes and needs. Are we making good on that promise? According to surveys, MAC medical reviews, and the OIG, definitely not. Join us as we turn the Hospice Fundamentals lens on what is shaping up to be one of the largest compliance and quality of care issues of the next few years.

- Understanding the bridge between care planning and payment
- What the regulations actually say
- Closing the gap between regulations and performance
- Working within your EMR
- Audits and monitors - what should the Prudent Hospice™ track?
- Using audit results to drive improvement in care

*Legal DAY 3 | March 9*  
**Compliance: Key Legal Issues**  
 A full-day with health care attorney Brian Nowicki of Heintz Law. You'll benefit greatly from his skill in translating key legal concepts into the understandable, actionable information that every hospice leader needs.



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**Ingredients:** Spring water, shea butter, sunflower oil, olive oil, emulsifying wax (vegetable source), vegetable glycerine, citric acid (Vitamin C), Preservative (2-phenoxxythanol, glycol ethers), lavender essential oils.

Persons known to have allergic reactions to herbs, please take caution using this product.

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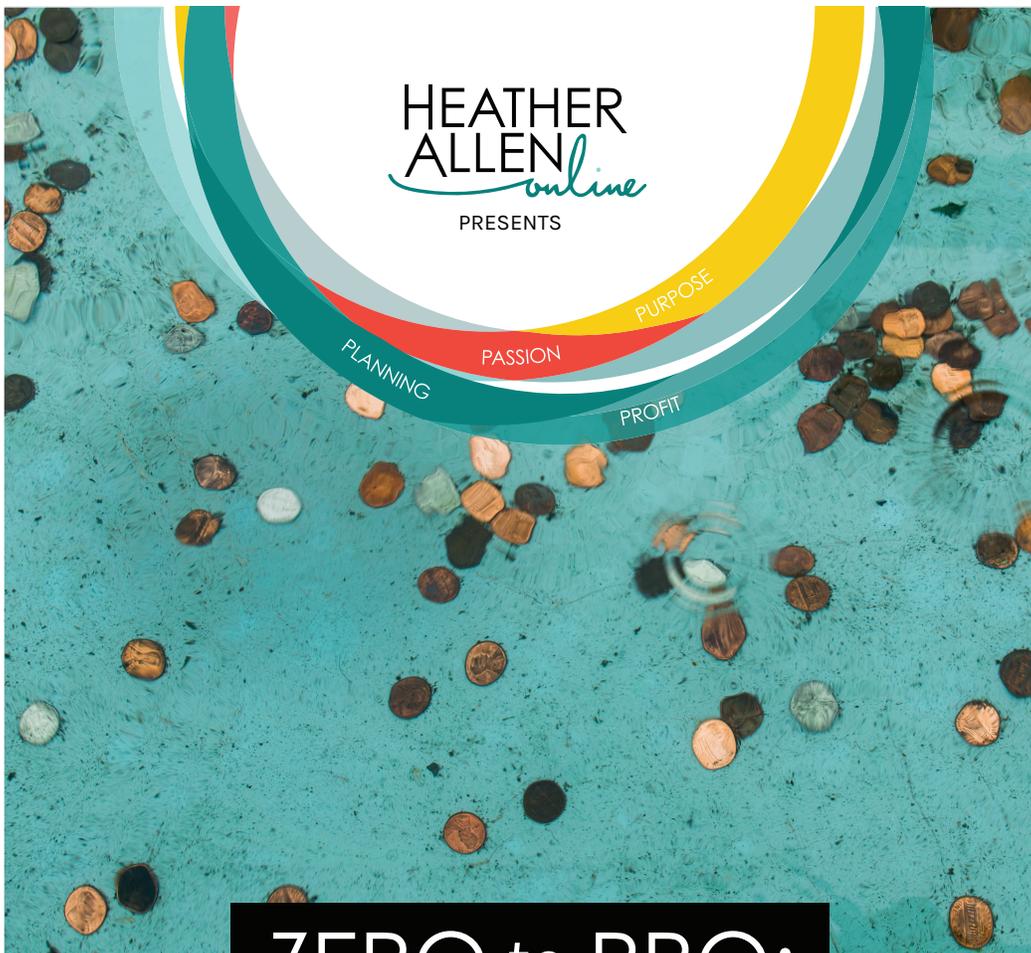


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Helping creative people create BUSINESS.



Heather Allen MGIM-MBA  
@HeatherEAllen

Author and Speaker  
Founder of the Art Business Online Accelerator Program  
and Essential Edge Annual Retreat for Artists

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**Zoe II Tote**  
Gusseted tote with magnetic snap closure & interior pocket  
**14W x 14H x 4D**  
Wholesale: \$285  
Retail: \$399  
Made with USA-tanned bison leather  
Available in black and dark brown

**Tassel**  
Leather tassel  
**17 inches**  
Wholesale: \$21  
Retail: \$44  
Made with USA-tanned leather  
Available in cobalt, mulberry, black and dark brown

**Marie Messenger**  
Gusseted messenger bag with flap & magnetic snap closure  
**9W x 7H x 3D**  
Wholesale: \$164 / Retail: \$345  
Made with USA-tanned bison leather  
Available in black and dark brown

**Arlene Tote**  
Gusseted tote with magnetic snap closure & interior pocket  
**13 1/2W x 10H x 3 1/2D**  
Wholesale: \$271  
Retail: \$569  
Made with USA-tanned bison leather  
Available in black and dark brown

**Racing Kate Tote**  
T-bottom tote with open top and interior pocket  
**15 1/4W x 12H x 3D**  
Wholesale: \$188  
Retail: \$395  
Made with USA-tanned moccasin and bison leather  
Available in black and walnut

**James Clutch**  
Flat clutch with magnetic snap closure  
**9W x 6 1/4H**  
Wholesale: \$62  
Retail: \$131  
Made with USA-tanned moccasin and bison leather  
Available in black and walnut

**KRISSY ANDERSON**  
 owner & designer  
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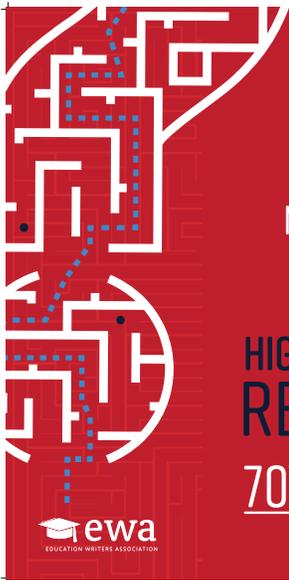
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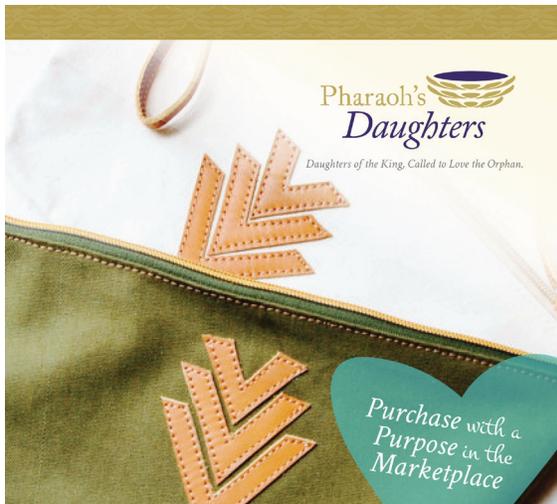


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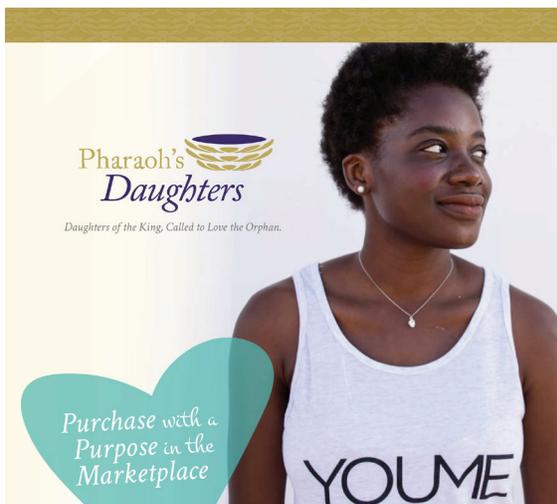
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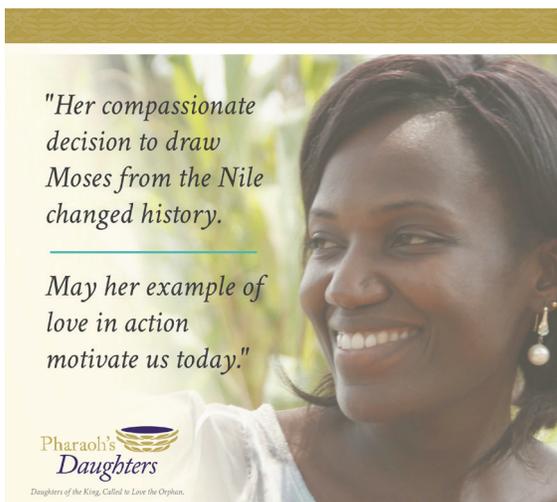
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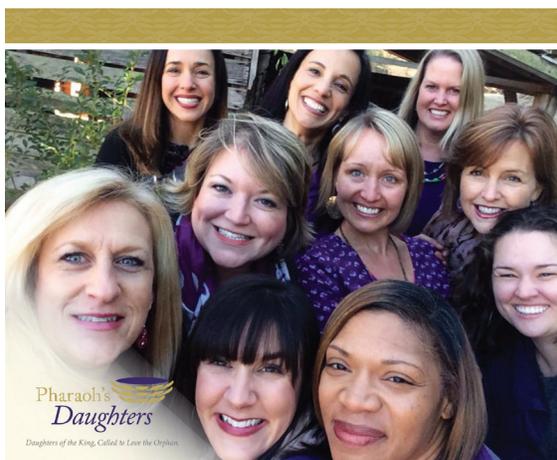


*"Her compassionate decision to draw Moses from the Nile changed history.*

*May her example of love in action motivate us today."*

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Plan to make 2016 the *best year yet* for your art business.



**ESSENTIAL EDGE LIVE**  
Annual Planning Retreat 2015

**Business Planning Retreat for Professional Artists**  
October 29 & 30, RALEIGH NC  
Register at [EssentialEdgeLIVE.com](http://EssentialEdgeLIVE.com) — Seating is limited.

**DREAM IT. PLAN IT. LIVE IT.**

*Serious artists welcome. See reverse for details & coupon code.*

**Essential Edge LIVE** — October 29 & 30, 2015  
**Business Planning Retreat for Professional Artists**  
Hampton Inn & Suites | 600 Glenwood Avenue, Raleigh NC

Get ready to make 2016 your best art business year yet in this conference-style annual planning retreat for artists & arts professionals. This empowering two-day event features presentations by award-winning leaders in art direction, marketing, mindfulness, and creativity.



**Nail down your 2016 marketing and revenue plans in only two days.**

Visit [EssentialEdgeLIVE.com](http://EssentialEdgeLIVE.com) to register, find accommodations, retreat schedule & opportunities to book sessions with key marketing partners for your art business.

Save 10%  
with coupon code  
"Essential10"

GET **EARLY BIRD** TICKETS BY **SEPTEMBER 30** FOR:

- a ticket to the 2-day event
- a One Stop Shop for your 2016 marketing needs
- a video recording of the conference (a \$50 value)
- access to the VIP night
- networking with leading arts professionals, and
- your marketing & profit plans for 2016 covered.



**Essential Edge LIVE 2015**  
**Annual Planning Retreat for Arts Professionals**  
October 29 & 30, RALEIGH NC



Marissa Boisvert, ICA    Heather Allen, MBA    Nadine Prada    Charles Gupton

**DREAM IT. PLAN IT. LIVE IT.**

Plan to make 2016 the best year yet for your art business at this conference-style business planning retreat for artists and arts professionals. You'll get the essentials:

- revenue streams, pricing and payment plans to drive sales
- how to expand through hiring and outsourcing on any budget
- plans for authentic marketing each quarter in your 2016 Essential Edge calendar
- strategies for showing up when inspiration hits (and when it doesn't...)

Plus, you'll get the creative edge to stand out and sell your art with:

- a One Stop Shop for your brand assets and 2016 marketing needs
- steps for turning one-time buyers into collectors to sell more art + creative services
- a community of artists and accountability partners for taking action after the event

Register to Attend at [EssentialEdgeLIVE.com](http://EssentialEdgeLIVE.com) by **September 30** for Early Bird tickets.



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Annual Planning Retreat 2015



Plan to make 2016 the *best year yet* for your art business.



Marissa Boisvert, ICA; Heather Allen, MBA; Nadine Prada; Charles Gupton.

**ESSENTIAL EDGE** is a two-day conference-style annual retreat for artists and arts professionals who want to nail down their 2016 marketing and revenue plans.

The empowering two-day event features presentations by award-winning leaders in art direction, marketing, mindfulness, and creativity. In addition to incredible talks and takeaways, attendees will create ready-to-implement quarterly plans for their 2016 marketing and will walk away with actionable plans for a profitable 2016, along with a network of support from relationships made during the event.



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Annual Planning Retreat 2015

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