

# Solutions

BY LMD SOLUTIONS

## **How to get yourself or the people in your life on board with Solutions?**

- ( ) Register at [www.lmdsolutions.ca](http://www.lmdsolutions.ca).
- ( ) Join the FREE Facebook Groups "Solutions Café"
- ( ) Watch the FREE live sessions and webinars.
- ( ) Learn about the "Solutions" method.
- ( ) Clearly identify the change you want.
- ( ) Engage with others in the group.
- ( ) Create conversation with others about this.
- ( ) Try the 12-week "Solutions" experience!

[www.lmdsolutions.ca](http://www.lmdsolutions.ca)