

Comments from  
PrimeTime Vitality Club participants

I thoroughly enjoyed today's class! I loved the idea of creating joy in our lives, changing negative labels, and the importance of variety in our lives.

“I want to thank you, Christine, for your friendly manner and your superior leadership and teaching skills. While I have tried (and failed) many, many times to lose weight, I have never, prior to your Prime Time Vitality Club, committed to becoming healthier. I have made that commitment to myself now, and I am determined to become as healthy as I possibly can be while affording myself patience, grace, and compassion as I travel throughout my journey.”

“Being your student is opening my heart and mind to the possibility that I can help myself improve my health.”

“Your session was wonderful yesterday. I really enjoyed it! And I learned from it. As always.”

“I LOVE this Prime Time Vitality Club! And this is turning out to be really prime time for me to work on every aspect of health.”

“You provide a fun opportunity for maturing gracefully through vibrant living, made more special with like-minded sensitive souls.”

“You are a treasure. I am enjoying the Vitality Club immensely!”

“I’m learning a lot!”

“I just want you to know that I really enjoy the Vitality Club! What I really appreciate is your positivity and I really got it how happiness plays a crucial role in health. I am having fun!!! My life has been very hard these last few years. But this, this is fun!”

“All my life, I have used food to cope with pain and stress. I have also been put on diets when young and tried dieting many times, all with poor results. I am open to and willing to try new approaches for me.”

“I love your enthusiasm and thorough explanations!”

“The PrimeTime Vitality Club invites vibrant health, which I depend on as aging becomes more challenging. I love knowing this gift of self-care is on its way and in the comfort of loving company. It’s already delivering confidence and energy.”

“What we did was fun and amazing. I love listening and identifying so much with all that is said. We all do have so much wisdom to share with each other from our thoughts and experiences. Thanks for facilitating this series. I have been enjoying it.”

“My participation in this group is warming my heart. The camaraderie among us fellow sensitives is comforting, but most importantly I’m benefiting from witnessing your wise approaches delivered with such professionalism. Your perspectives delight my intellect.”

“It’s obvious that you love providing services for wellness, and you’re skilled at it! I’m witnessing the benefits myself, especially the values of adequate sleep.”

“You’re a wonderfully healing change-maker with a beautifully energetic approach to life.”

“Many, many thanks for all the joy and learning your sessions bring me.”

“You make a qualitative difference in my life. Thank you.”

“This series is a way for people to not only learn ways to become healthier and more energetic, but also to connect and have meaningful conversations with others who are on the same path.”

“I enjoy your classes so much, always something to learn!”

“Thanks for the MHC and all the heart and energy and great topics you shared with us. I so enjoyed being a part of it. You are a blessing. What a great group we had. I loved the sharing. Thanks for all the time and energy you put in to it.”

“You are a great teacher. You put so much love and passion through all you present, so well thought out and researched.”

“I want you to know, and it is not only me who thinks this :), that I see you as being very gifted as a coach and as a teacher, Christine. My experience in watching you teach is that you have a way of bringing light into depth. I noticed that you can laugh and have fun but what comes out of your mouth is not small talk.”

“You put so much love and passion through all you present, so well thought out and researched. I appreciate all the work and knowledge you put into your presentations.”

