



Liberty Services
of America, Inc.
P.O. Box 26003
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Fraser, MI 48026

Christmas 2018

Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."



Sharon and Skip's Corner



*" 'Twas the night before Christmas, when all through the house,
not a creature was stirring, not even a mouse." —Clement Clarke Moore*

The Christmas season can be a hectic one. Cleaning, decorating, shopping, baking, meal planning... There are soooo many things that need to be done! To keep from becoming too overwhelmed, try to take a few moments each day to "breathe" and enjoy the season along with the company of friends and family. Some experts feel that the following 5 tips might help you deal with the stress and anxiety that the holidays can bring:

- Set a spending budget: Plan ahead, review your financial situation, come up with a realistic plan for purchasing gifts and stick to the budget!
- Get plenty of exercise: This can help you maintain a calm mental state through the holidays. Aim for at least 30 minutes of physical activity a minimum of 3 times a week.
- Keep it simple: Everything doesn't need to be perfect. Know your limits and learn when to say "no."
- Take time for yourself: Even as much as 15 minutes alone can help cope with stress. Try to incorporate activities into your day that you enjoy. Reading, going for a walk, listening to music, or getting a massage can give you a needed break from your to-do list.
- Choose your battles: Set aside your differences. Sometimes being in close quarters with certain family members for an extended period of time can be stressful. Personalities don't always mesh. Agree to disagree, and don't let the actions of others take away your joy.

From all of us at Liberty Services, we wish you a very Merry Christmas and a happy and prosperous 2019!



New Year's Carpet Special!

For every 2 rooms of carpet cleaned, you receive:

- One **Free** Room of Carpet Cleaning (Up to 150 s.f.) **OR...**
- One **Free** Chair of your choice.
- Plus Receive **Free** Scotchgard in the Room of your choice.
- No charge spots and spills clean-up through March 31, 2019
- In addition receive 1/2 Off Scotchgard on any other rooms or upholstery.

That's \$150.00 in savings or More!

(Minimum Charge of \$165.00 applies. Offer expires January 31, 2019)

Call us @ 586-294-3111 to take advantage of these offers soon, our schedules fill up fast.

Liberty Services Carpet Cleaning
Email me at sharon@liberty-services.com

Please Like me on Facebook at
www.facebook.com/LibertyServicesGuaranteedDryGuys!

Not valid with other offers

\$250 Discount

FOR FLOOD OR DISASTER RELIEF WORK!

Office: 586-294-3111

**24 Hour Emergency Service:
586-872-3112**

**If you suffer a water damage loss,
Liberty Services would like to help you heal the hurt.
Should such a tragedy befall you, present this coupon to
save \$250 off your final bill.***

**Thank You! Liberty Services
dba Guaranteed Dry Guys
www.liberty-services.com**

*Not valid with other discounts.