



BEVERLY CARTER

NOTARY PUBLIC

February 2021 Notary News

We are focusing on 'Simple Living' in the office to help promote a happier and healthier 2021 for our clients! Beverly's Danish background embraces the concept of "hygge" - being content with life and seeking cozy connections with family, friends, and co-workers. Tobogganing is a simple form of Beverly embracing snow sliding as a part of a healthy and simple lifestyle!

KEEP READING to learn more about our Think Local feature and ways you can maintain a healthy mind, healthy eyes, and a healthy body.

SEE BELOW of our multiple **Healthy Giveaways!** \$150 eye glass gift certificate to Mayfair Optometric Clinic, one-year subscription to YAM Magazine, and one week of healthy meals from Free Beets.

WATCH FOR: Advance Care Planning Webinar Series coming Spring 2021 - stay tuned for session topics and dates. Let us know if you have any particular topics you would like Beverly to discuss!



Good Grief: Be Kind to Yourself

Beverly's article "Managing Grief" in the Scrivener Magazine Winter issue comes from personal experiences. The messages about being kind to yourself are especially important these days. Grieving is necessary and healthy for healing.

[READ HERE](#)



Planning for Health Events

The uncertainty this past year has brought highlights how any sudden event can change the course of our lives. Managing our own or a loved one's health care requires personal fortitude, especially when the situation is unexpected and there is no option to hear from the loved one what he or she would want as care or health interventions. Our Zoom & Learn webinar "Health Representation Agreements in BC" is an important watch.

[WATCH IT HERE](#)

Join Us for the Virtual TC

10K!

April 16-25th, 2021

We are challenging ourselves in the office this year. Beverly, Vicky and Alicia are participating in this year's TC10K! We love this because we can check in virtually, keeping it safe and social distancing friendly. We are going to take advantage of this year's virtual set-up to discover new trails in and around Victoria and Saanich. If you're looking to discover a new place to walk or hike, check out a list of trails below to get you started! Can you figure out one of Beverly's favourites? Logan Park to Viaduct to Prospect Lake Road and back through Calvert Park.



[TREK HERE](#)

THINK LOCAL: Help Us Support Local Businesses!

Healthy Eyes - Mayfair Optometric Clinic

Consistent routine regular eye exams are an important part of an overall wellness plan. Eye exams can detect many health conditions such as diabetes, high cholesterol, heart disease and more.

[LEARN MORE HERE](#)

Win a \$150 gift certificate for glasses at Mayfair Optometric Clinic!

Draw date Feb. 26th at 3pm

[ENTER HERE](#)



Healthy Reading - YAM Magazine

YAM magazine is a local favourite here in Victoria BC and this beautiful magazine is filled with inspiring articles on home, fashion, food, health and wellness.

[READ HERE](#)

Win a one-year subscription to YAM magazine and have a copy of YAM delivered to your door.

Draw date Feb. 26th at 3pm

[ENTER HERE](#)



Healthy Meals - Free Beets

Free Beets is a Victoria-based healthy meal prep and delivery service. With weekly updates to their menu, Free Beets uses fresh and locally sourced ingredients and offers a variety of meal plans to fit any diet. With plans such as 'Vegetarian', 'Athletic' and 'Healthy Life Style' there is truly something for everyone!

[LEARN MORE HERE](#)

Win one week of healthy meals from Free Beets!

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