

# Empowered Serenity: A new approach to Wellness Coaching that works

Submitted by:  
Serenity Fitness; LLC

As Wendy's time in the Army wound down and retirement loomed, she found herself on a mission of a different kind—searching for a wellness approach that spoke to her soul. After spending nine years as a Master Resilience Trainer (MRT), she had the framework to use positive psychology in creative ways, but she wanted more. Wendy leveled up to Elite Trainer status with International Sports Sciences Association (ISSA), earned a graduate degree in wellness coaching, and dove into structured coursework, convinced that somewhere in all of it, she would find the magic formula. But despite all the degrees, certifications, all the research, and all the textbooks, she still felt like something was missing. The traditional methods just did not click—they felt stiff, uninspired, and, frankly, a little dull. No one

seemed to acknowledge that healing is not about rigid checklists or forcing change; it is about connection, intuition, and finding what makes you feel alive. That is why Wendy Spohn, owner of Serenity Fitness Yoga & Reiki, created her new wellness coaching program and workbook, Empowered Serenity—because she needed it first. This is not just a product of research and theory. It is a collection of real, transformative exercises that helped her navigate her own transition, break free from limitations, and step into a life that felt more aligned and authentic. If you have any doubts, just look at her own transformation—it is living proof that this approach is not just feel-good theory, but something that works. You see, Wendy was medically retired from the Army after 25 years of service. She considered herself a “broken,” disabled vet, carrying baggage in the form of so many things at

the end of that phase of her life. She shares her journey and so much more on her website at [www.myserenityfitness.com](http://www.myserenityfitness.com) when you are ready for the deep dive. However, this is more than just coaching, it is a holistic experience. Traditional coaching often focuses on external achievements—getting the job, building the habit, making the change. But what about the internal work? What about the part of you that needs to heal, to be seen, to trust yourself again? That is where Wendy's approach is different. She incorporates meditation, mindfulness, yoga, energy work, and metaphysical tools like crystals, pendulums, and oracle cards. These are not just trendy wellness buzzwords—they are ancient practices that reconnect you with your intuition and inner power. Why engage in intuitive wellness coaching? Because you deserve more! If you have ever felt

stuck, unsure, or like you are repeating the same patterns over and over, wellness coaching with Wendy offers a new way forward. It is not about fixing you—because you are not broken. It is about helping you rediscover your own strength and self-trust. The exercises in her new workbook are engaging, interactive, and—let us just say it—fun! You will explore guided journaling, movement-based mindfulness, and hands-on energy practices. This is not about sitting in a chair and talking about your problems—it is about actively shifting your mindset and energy in ways that create lasting change. This is a personalized path to growth. Just like our fingerprints, no two journeys are the same, and that is why this coaching is so unique. Together, you will create a path that feels right for you, whether that includes:

- Grounding techniques to calm the nervous system
- EFT tapping to release stuck emotions
- Oracle card readings to gain new perspectives
- Shadow work to uncover hidden blocks
- Rituals to honor personal milestones
- Chakra exploration to get your power back

This is not about forcing you into a pre-designed plan. It is about co-creating a process that truly works for you. It is time to say YES to yourself. If you have been wait-



ing for a sign to invest in your well-being, this is it. You do not have to navigate this alone. Empowered Serenity is here to support you in a way that feels personal, immersive, and deeply meaningful. Are you ready to embrace a new way of healing? You are not alone. Wendy's ready to take you along for the ride! Visit <https://www.myserenityfitness.com/intuitive-wellness> to learn more and get started today!

# Find it in the Classifieds

Call us today to your ad! 270-422-2155

## ADVERTISING WORK ORDER DEADLINE:

Work orders must be received by 12 pm (Noon) on Friday prior to print date in order to guarantee proofing. If ad is cancelled after it is requested, designed and created, 50% of price is still due.

The Messenger will not be responsible for typographical or other errors beyond cancellation of the charge for an ad. Nor will they be responsible for more than one incorrect insertion. An advertiser must give notice of error in time for correction of next insertion. The Messenger will not be responsible for claims resulting from typographical errors beyond the cost of the space involved, and affected by, the error. The Messenger shall accept no liability for its failure for any reason to insert an advertisement. When proofs are submitted the advertiser assumes all responsibility for any errors in the ad that may have been overlooked. Corrections will be made when specified on proofs. The Messenger reserves the right to reprint or publish any submitted photos unless notified at time of submission. Free listings are for personal use only and excludes commercial and business dealers.

## A NOTICE FOR READERS:

Kentucky Law requires private home childcare facilities to include their addresses in their ads. It is the parent's and/or guardian's responsibility to carefully check the credentials of potential childcare providers. The Messenger does not require childcare providers to present a license when placing advertisements.

## NOTICE

### SECTION 00010 ADVERTISEMENTFORBIDS

Contract 210-02-24

500,000-gallonElevatedWaterStorageTank City of Brandenburg  
Brandenburg,MeadeCounty, Kentucky

Sealed Bids for the following work will be received by the City of Brandenburg, Kentucky at the Brandenburg City Hall until 1:00 p.m. (local time) on April 1<sup>st</sup>, 2025 for furnishing labor and materials and performing all work set forth by the advertisement, General Conditions, Specifications and/or Drawings.Immediately following the scheduled closing time for reception of bids, all proposals which have been submitted in accordance with the above conditions will be publicly opened and read aloud.

Theworkto bebidis describedas follows:

The primary scope of work includes the construction of a 500,000-gallon elevated water storage tank, including mixing system.

The Instructions to Bidders, Bid Form, Agreement Forms, Performance and Payment Bonds, Plans, Specifications and other Contract Documents may be viewed online at [lynnimaging.com](http://lynnimaging.com) or examined at the following location:  
CityofBrandenburg 737 High Street  
Brandenburg,Kentucky40108  
(270)232-5067

Copies of plans and specifications may be obtained from Lynn Imaging, 328 Old Vine Street, Lexington, Kentucky 40507 (859-255-1021) upon payment of a non-refundable deposit for each set (plus shipping and handling).

No bid will be accepted unless the BIDDER is a *registered plan holder*.To become a *registered planholder*, BIDDER must purchase at least one set of documents from Lynn Imaging and provide accurate name and contact information.Partial sets of documents will not be provided. Half-sized sets may be purchased for the full price.Questions shall be addressed to Earl Coffey, P.E. 5313 Lebanon Road, Danville, Kentucky 40422 (859-329-8777) as stated in the Specifications or by email to [ewcengineering@gmail.com](mailto:ewcengineering@gmail.com).

Sealedproposalsfor thiscontractshallbeclearlymarkedonthe outsideoftheenvelope asfollows:

“Sealed Proposal for Contract 210-02-24.Not to be opened until 1:00PM, local time, Tuesday April 1<sup>st</sup>, 2025.”

If forwarded by mail, the sealed envelope containing the proposal must be enclosed in another envelope and mailed to the City of Brandenburg allowing sufficient time for such mailing to reach this addressprior to the scheduled closing time for receipt of proposals.

Bidsshallbe accompaniedbya certifiedcheckor bidbondmade payable tothe Cityof Brandenburg,KY in an amount not less than the percent of base bid indicated in Section 00200, instructions to Bidders, Bid Security.No bidder may withdraw his bid for a period ofsixty (60) days after the date bids are opened. He may, however, withdraw his bid at any time prior to the time and date scheduled for opening of same or any authorized postponement thereof.Any bid received after the time and date specified shall not be considered and will be returned unopened to bidder.

The attentionof allcontractorsiscalledtothe factthatanycontractawardedunder thisAdvertise-mentfor Bids is expected to be funded from KIA funds and/or current funds on hand.

Attention of bidders is particularly called to the requirements as to conditions of employment to be observed and minimum wage rates to be paid under the contract. These include Section 3, Segregated Facility, Section 109 and E.O. 11246. Further, Title VI Minority bidders are encouraged to bid.

The City of Brandenburg reserves the right to refuse or reject any and/or all bids for any reason or for no reason whatsoever.The City of Brandenburg reserves the right to waive all formalities and/or technicalities where the best interest of the city may be served.The City of Brandenburg will accept the lowest and best evaluated bid price and the criteria for evaluating the bid includes but is not limited to:

“Location and serviceability of the bidder, versatility of the equipment and services, apparent dependability ofequipmentandservices,generallyacceptedreliability of manufacturer and services and reputation of bidder.”

CITYOFBRANDENBURG  
BY: David Pace,Mayor

EarlCoffey  
5313 LebanonRoad  
DanvilleKY40422

END OF SECTION

## AUTO BODY REPAIR

**Knott's Body Shop & Glass**  
999 Lawrence St.,  
Brandenburg  
422-1202

**Complete Auto Body Repair Service**

## CONSTRUCTION



Serving Meade and all surrounding counties

### WRIGHT'S CONSTRUCTION

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22 years experience!

Free estimates and roof inspections.

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## FOR SALE

Six black heifers with calves.



\$2,800 a pair.  
Call  
270-422-2218

## NOTICE

### NOTICE OF SALE OF VEHICLE LEFT ON PREMISES

**KNOTT'S BODY AND GLASS,**  
999 Lawrence St. Brandenburg, KY 40108.

WILL ACCEPT SEALED BIDS ON

• 2014 PROSPECT CAMPER, VIN NUMBER S/N 019-000757598 ON MARCH 27, 2025.

Seller reserves the right to bid and accept or reject any and all bids.

# CHECK US OUT ONLINE

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

## HELP WANTED

**NOW HIRING**  
All About *home*  
Assisted living with  HEART

**All About Home** is currently accepting applications for 2nd shift and 3rd shift caregivers. Experience working with the elderly is a plus, but we are willing to train the right applicant.

**Apply in person at**  
**All About Home Assisted Living**  
160 Lawrence Street, Brandenburg, KY 40108  
270-422-2273

## NOTICE

### NOTICE

Notice is hereby given that Meade County Water District has received notice from Hardin County Water District No. 1 of a wholesale rate increase. Therefore, Meade County Water District filed for a Purchased Water Adjustment with the Kentucky Public Service Commission to adjust its water rates effective February 1, 2025, as follows:

Monthly Water Rates			
All Meter Sizes	Current	Proposed	Increase (%)
First 2,000 gallons	\$24.61 (Minimum Bill)	\$24.73	\$0.12 (0.49%)
Next 5,000 gallons	\$0.01196 / gallon	\$0.01202 / gallon	\$0.06 (0.50%)
Next 10,000 gallons	\$0.01156 / gallon	\$0.01162 / gallon	\$0.06 (0.52%)
Next 20,000 gallons	\$0.01066 / gallon	\$0.01072 / gallon	\$0.06 (0.56%)
Over 37,000 gallons	\$0.00939 / gallon	\$0.00945 / gallon	\$0.06 (0.64%)
Bulk Station Sales	\$0.00880 / gallon	\$0.00886 / gallon	\$0.06 (0.68%)
Wholesale Rates			
Doe Valley Water	\$0.00630 / gallon	\$0.00636 / gallon	\$0.06 (0.95%)
Otter Creek Water	\$0.00645 / gallon	\$0.00651 / gallon	\$0.06 (0.93%)
The monthly bill for an average customer using 4,000 gallons of water each month will increase \$.24 (or 0.50%) from \$48.53 to \$48.77.			
The rates contained in this notice have been approved by the Public Service Commission, by Order dated March 11, 2025 in Case No. 2025-00029.			
A person may examine the application and order at the Meade County Water District office located at 1003 Armory Place Brandenburg, Kentucky, (270) 422-5006. A person may also examine the application and order at the PSC located at 211 Sower Boulevard, Frankfort, Kentucky, Monday through Friday, 8:00 AM to 4:30 PM or on the PSC website at <a href="https://psc.ky.gov">https://psc.ky.gov</a> ; telephone (502) 564-3940.			