

Women's Wellness Group



*THRIVING Through Skillful Living:
Education, Inspiration, Support*

A women's group is forming for the purpose of educating, inspiring, and supporting women in realizing their full potential for excellent health and happiness by examining and answering 77 questions about one's current life.

What pieces of your life puzzle have not yet been examined and put in place to see the entire vibrant picture? Inspired by concepts found in SLOW MEDICINE by Michael Finkelstein, and FIVE TO THRIVE by Lise Alschuler.

Find your purpose, passion and resiliency while at play in your life!

CONTACT: Facilitator **Sandra Warne**, LMFT - **916.568.1025**, mftsw@earthlink.net

WHEN: **Wednesday Evenings, 6-7:30pm** @ Middle Way Health, 708 Alhambra

