

Feeling Great

No Matter What
Fridays | 7:00pm - 8:30pm

- Transform the way you experience, think and feel life,
- Let go of fears and find your inner strengths
- Understand the power of your true identity and reclaim your dignity

February 2:
Awaken Your Inner
Wisdom

February 9:
Self-Esteem

February 16:
The Gift of Peace

February 23:
Detoxing the Mind

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