

# 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

**March 2:**  
Exploring Spiritual Treasures

**March 9:**  
Good Wishes and Pure Feelings

**March 16:**  
Be Inspired, Be Happy

**March 23:**  
The Healing Power of Compassion

**March 30:**  
Living Our Values

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