

# 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

**September 07:**  
Balance and Harmony

**September 14:**  
Spiritual Nutrition

**September 21:**  
Detoxing the Mind

**September 28:**  
Embracing Forgiveness

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