

# 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

**October 05:**  
The Heart of Well-Being  
**October 12:**  
Emotional Freedom  
**October 19:**  
Letting Go  
**October 26:**  
Connection with the Divine

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