



Family Counseling Service



Women's Empowerment Group

Beginning September 24th, 2009

Thursdays 5:30-7:00 PM

Six Weeks

**Are you ready to make some changes in your life?
This group may be just what you need!**

- *What Does It Mean to be Empowered?*
- *Inner Truth: Dreams and Your Soul*
 - *It's OK to Say No*
- *Women, Nutrition and Libido: A Delicate Balance*

Rallie McAllister, M.D. , nationally known author, speaker and syndicated columnist

- *Believing is Seeing*
- *Creating a Mandala of Being*

Dialogue, journaling, insight exercises, creative process and body movement will be utilized.

1393 Trent Blvd. Building 2
Lexington, KY

Call to register TODAY!!

859.233.0033

Cost: WOW! \$5 per session!