

Awareness Series

Free Class...



Learn how to embrace change



Understand why meditation helps one embrace change



Evaluate techniques that help reduce fear

"Saying Goodbye to: Change and Fear"

Visit our website at www.nwcwb.com

Thursday
September 12, 2002
5:30 P.M. — 7:00 P.M.
Location: MultiCare Campus
Call for specific location

Facilitated by:
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