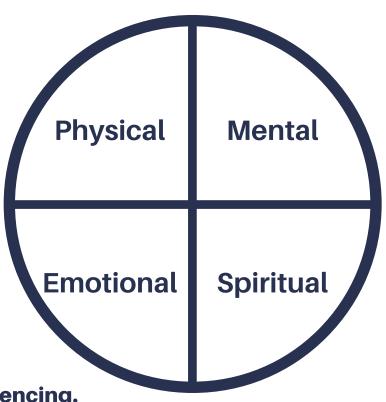
## The Circle Way: Balancing Wholeness

## **4 Fridays:**

May 8th - Physical Self May 15th - Mental Self May 22nd - Emotional Self May 29th - Spiritual Self

10:00 am - 12:00 pm

You are welcome to join any time throughout the session dates - RSVP details below



We are currently using **Zoom Conferencing**. Details provided upon registration.

"Everyone is a house with four rooms, a physical, a mental, an emotional, and a spiritual. Most of us tend to live in one room most of the time but unless we go into every room every day, even if only to keep it aired, we are not a complete person"- An Indian Proverb

We will be using The Circle Way to explore Balancing Wholeness from a physical, mental, emotional, and spiritual perspective. The Circle Way offers the opportunity for active listening, mutual support, intentional sharing, deeper connection, and self-reflection in an open caring environment. Space is limited to 10 partcipants.

For more information or to RSVP, please contact Kathy Ratchford at kratchford@hearthousehospice.com



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