

# Women's Wisdom Circle



## Looking for Something More?

In our recent class series based on the book, *Something More—Excavating Your Authentic Self*, women explored personal growth and self-discovery techniques. Women's Wisdom Circle will continue to discuss those themes and include some fun inspirational activities.

New class for women...

**Selected Fridays: 2:00 p.m.**

**January 17; February 7, 21; March 6, 20; April 3, 17**

**Facilitated by Terrie Miley**

**Mission Hope Cancer Center, 1325 East Church Street, Santa Maria**

Across all ages and all cultures, women have gathered together to share their collective strength and wisdom. You are invited to join us to share your experiences, your joys, your challenges as we witness each other's lives.

Let this gathering help you to:

- Feel more hopeful and not so alone and know that others have the same struggles
- Have the chance to talk about and work through issues you may be having
- Handle practical problems of day to day living
- Cope with side effects of treatment

You can participate by speaking or just sit and listen. This supportive environment in conjunction with planned self-discovery activities is designed to help every woman feel nurtured and ready to tackle the challenges of her life.

**Registration is required.**

**Please call Mission Hope, Santa Maria for a reservation: 805.219.HOPE (4673)**



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