

New Course Offering!

Cultivating a Positive Self-Image

A six-week course beginning March 23rd, 2016

Based on the workshop, *Creating a Positive Self-Image*, this new six-week course will offer a more sustained and in-depth look at this important subject. Self-image is important for all of us because how we see ourselves directly affects how we feel about ourselves. It also affects how we see and feel about others and our world. Self-image is really about how we experience life.

Bringing awareness to this powerful image is well worth our time. If you are seeking a healthier relationship with yourself and others, or simply want to be the best you can be, join us for this six-week class which will strengthen your self-esteem, boost your confidence and send you on the path of positive action.

The course will be held on Wednesday evenings from 6:30 – 8:45. Cost \$180 materials included.

To register or for more information, please contact Libby Parker at (514) 222-1471 or info@solutionsfromwithin.ca.

www.solutionsfromwithin.ca

