

calendar of events

Heart Centered Living

With all the stresses and changes in the world, how do you stay focused on what is important? This seminar introduces the steps of living in the heart center. Through dream work and storytelling, participants discover how to begin accessing the wisdom of their unconscious. Facilitated by Myra Tovey, RN, certified holistic nurse and certified healing touch instructor and practitioner.

Thursday, September 18, 2008 5:30 – 8:30 p.m.

*Memorial Administrative Center,
2420 E. Pikes Peak Ave.*

Cost: She members-- \$15, non-members – \$20.

Includes refreshments and beverages.

Ladies Night Out

All women need an evening designed to keep them looking and feeling their best! Women of all ages can shop, enjoy decadent desserts and wine and visit select stores to pick up the latest women's health information. Plus, attendees can enter to win a \$250 Promenade Shops at Briargate shopping spree!

Thursday, October 9, 2008 5:30 – 8:30 p.m.

*The Promenade Shops at Briargate,
1885 Briargate Parkway*

*Cost: \$5 per person. Includes desserts,
wine and beverages.*

Tickets available at the event.

**To register or to join She – Wellness for Women,
call 365-8899.**

