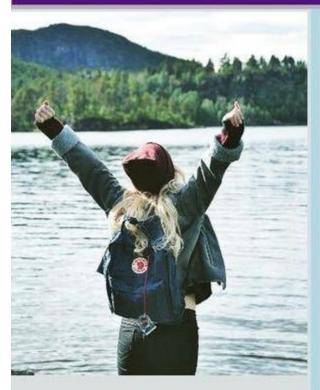
## TRUE YOU WOMEN'S EMPOWERMENT GROUP



THURSDAYS 7:45 - 9PM

Feb 8th to Mar 29th 2018 (8 weeks)

Location 166 Santa Clara Ave. Oakland, CA 94610 BE EMPOWERED TO LIVE A HEALTHIER LIFE!

Reconnect to your True
Self in a supportive
environment with
like-minded women.
Group is therapist led
and will include:

- \* journaling
- \* mindfulness
- \* visualizations
- \* expressive arts
  Contact Cori Soliz to
  register or for more
  information

Cori Soliz, MA, LMFT corisolizLMFT@gmail.com (925) 878 - 8097 www.corisoliz.com