

# 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**

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