



Monthly Agenda:

January- New Year's Cleansing  
February- A Gift of Energy  
March- Clearing the Chakras  
April- Emotional Freedom Technique  
May- Relaxation Techniques  
June- Nutrition and Exercise  
July- Meditation: Sit/Walk  
August- Meridian Clearing  
September- Power of Breathing  
October- Power of Gratitude  
November- Music Therapy  
December- Financial Wisdom  
Subject to change based on need.



When:

2nd Thursday of each month, 6:00-7:30pm  
(beginning January 2019)

RSVP: (813) 237-3114

thelifecenter@tampabay.rr.com

## SECOND THURSDAY SELF-CARE WORKSHOP

The LIFE Center of the Suncoast is starting a new educational workshop that focuses on Self-Care!

Each month, attendees will learn a new, evidence-based, technique and take home a handout of information (including references) to build up their Self-Care Tool Box!



Meet the facilitator:

Alder Allensworth, MM, LMHC, RN.

Alder has a background in music therapy, counseling, and nursing. She is a published author and motivational speaker. She has been studying and teaching Self-Care techniques for over 30 years.

Where:

The LIFE Center of the Suncoast  
6811 N. Central Ave.  
Tampa, FL 33604

Cost: \$20 per workshop