

Our Friday Featured Speakers Program presents:

The Healing Gifts of our Caregivers

Learning How Forgiveness Can Empower You

with Laura A. Lowe

M.A., NASM-Certified Personal Trainer, Spin/Group Fitness and Information Technology Instructor

Friday, August 5, 2016 • 10:15 a.m. - Noon

Morro Bay Library – Program Room

625 Harbor St.

Our caregivers (parents, guardians, teachers, etc.) are instrumental in our past and current lives -- how we cope, how we struggle, how we learn, how we grow, how we perceive reality, and, ultimately, how we treat one another and ourselves. Our caregivers can either provide us with “safe spaces” for us to be and become who we are today or, if we allow them, cripple us with barriers to authentic self-actualization, self-esteem, and self-love.

In this presentation, we can learn how to best utilize both the pain and happiness of childhood to embrace forgiveness and, ultimately, choose self-love.



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