



# WOMEN'S WELLNESS GROUP

As women, we recognize that through supporting one another, we gain both strength and support for ourselves. Join us in a safe and judgment-free environment where you can re-discover your own voice as you give and receive support for the many issues that we struggle with as women: self-esteem, identity, relationships, life balance, transition, family, health, and so much more.

**Compassionate women who are seeking to provide and receive support from other women are invited to join us for a time of healing, sharing, and empowerment. Although not a therapy group, this can be an opportunity to share and bond with like-minded women.**



For more information, please contact Group Facilitator, Karen Robert, M.A. at [karen@live-now.org](mailto:karen@live-now.org) or by phone @ 805-772-9268.

Karen Robert, M.A., is a retired faculty emeritus Cuesta College, who loves to learn and values lifelong learning. She has been facilitating and coordinating groups on a weekly basis through the Morro Bay Book Discussion Group at the Morro Bay Library since 2006. She has also been a Live-Now Group Facilitator providing guidance to individuals, groups and families that help them to program their life for success.

This is a  
free program of the  
Morro Bay Library

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[www.live-now.org](http://www.live-now.org)

**Group Meets Twice Monthly**  
**1st & 3rd Fridays**  
**10:30 a.m. – Noon**  
(beginning September 4, 2015)

**Morro Bay Library**  
625 Harbor St., Morro Bay, Program Room  
805-772-9268