

Know Yourself for Better Relationships

A Body – Mind – Spirit Integrated Workshop

- **Is there someone you just keep butting heads with at work?**
 - **Does a family member always push your buttons?**
- **Do you find yourself saying/doing things you know you don't mean?**

Come and explore what is driving those choices! The Relationships Workshop is a fun approach to exploring what works for you, and what gets in your way in relationships. Bring with you your thoughts about a relationship or two that you would like to improve or better understand.

The class will use the following techniques:

- Lecture - Discussion
- Role Playing with a partner
- Question and Answer for self empowerment
- Writing Assignments

**Enroll Now for this fun and revealing
Workshop for Self Empowerment
With Wini Curley, Ph. D.**

Saturday, October 14 – 9:30 AM to 12:30 PM

**at the Graceful Living Wholeness Center
1829 E Franklin Street, Chapel Hill, NC 27514**

Tuition - \$45

To register, provide your name and contact information:

call 919-960-8897, or

fax 919-932-3518, or

email wini@treatuwell.com