

Change Through Compassion Presents A Compassionate Start to the New Year!

February 3, 2018 8:30am-12pm

**Release yourself from the unhelpful cycle of
“new year’s resolutions”!**

**Join us for the opportunity to reflect on core values and to develop
a plan for the full year that guides us towards being self-
compassionate in key areas of our lives.**

**Experts will present on ways to leverage our personal strengths,
the use of aromatherapy, and grounding ourselves in our bodies.**

**Karen Saxe (Marketing Muse), Kym MacKilligan (MacK’s Your Health LLC),
and Tansey Rodgers (BeU Complete)**

**Contact: Lesley Huff, PsyD,
Samaritan Counseling Center
1803 Oregon Pike, Lancaster, PA
(717)560-9969**

**Each participant will receive a
Compassionate Start to the New Year
workbook to reflect on and reference
over the year.**

**Tuition \$50. To register, please visit
www.scclanc.org/events**

Light refreshments will be provided.

