

From Sadness to Smiles

Instructor: Rebecca Golgoski

IT'S OKAY TO FEEL ANGRY OR SAD. BUT IF NOT RELEASED AFTER SOME TIME, THESE EMOTIONS BECOME HEAVY BAGGAGE THAT BLOCKS YOU FROM SEEING THE JOY AND BEAUTY STILL AROUND YOU. GROWTH CAN COME FROM SHIFTING PERSPECTIVE, BEING PRESENT, AND RECOGNIZING THAT EVEN OUR DARKER MOMENTS TEACH US STRENGTH, COURAGE, AND RESILIENCE. LIFE NEEDS BALANCE—WHERE THERE IS PAIN, THERE IS ALSO HEALING. IN JUST TWO YEARS, REBECCA FACED CANCER, THE LOSS OF A BELOVED PET, AN UNEXPECTED MOVE, AND LOSING HER JOB. SHE WAS KNOCKED DOWN AGAIN AND AGAIN YET FOUND HER WAY BACK TO JOY. COME SHARE IN HER OPEN, HONEST ENERGY AS SHE REFLECTS ON THESE MOMENTS AND HOW SHE CONTINUES TO LEARN TO SMILE AGAIN. YOU MAY LEAVE FEELING INSPIRED AND UPLIFTED, TOO.

Tuesday

November 12

1pm-2pm

Residents \$15/

Non residents \$20



REGISTRATION REQUIRED

TO REGISTER PLEASE VISIT

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