

L.I.F.E.

LESSONS IN FEMALE EXPERIENCE



Join a women's discussion group that explores current affairs impacting females. Using humor, compassion and critical thinking, we will explore a wide range of topics including:

- Women in the Media
- Financial Empowerment
- Mental Health
- Friendship and Community

TUESDAYS: Oct. 22, Nov. 12, 26 & Dec. 10
1—2:20 pm

Current group members must register and pay for Spring meetings

\$10 members, \$13 public for the series. Prospective members are asked to talk to group facilitator Denise Malm, MSW, LSWAIC before attending. This conversation is designed to assess mutual fit with the group. Please contact Denise at dmalm@wallingfordseniors.org or call 206-461-7825.



Wallingford Community Senior Center
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