

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

**MONDAYS: April 8, April 22, May 13,
May 20, June 10 & June 24
2 - 3:30 pm**

\$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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