

# Women's Wellness Program

## Winter 2016 Series

1st & 3rd Fridays

10:15 a.m. - Check-In

10:30 a.m. - Noon

Morro Bay Library  
Program Room  
625 Harbor St.

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attending, please come  
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## January 15 - The Power of Positive Thoughts in the New Year

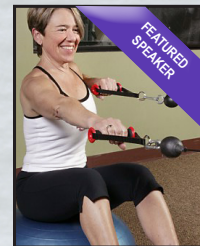
**Karen Robert** - M.A., Group Facilitator, Women's Wellness Program

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and your health.

## February 5 - The BALANCING Act of Exercise

**Suze Crowley** - AFPA Certified Personal Trainer, A.I.M. Physical Trainer, "AIM FOR FIT" Exercise Instructor

There is value in any exercise at any age. Learn about the effectiveness of balance and strength training as well as the creative ways to incorporate simple movements to encourage overall physical health. Please dress comfortably.



## February 19 - Loving Yourself to Great Health

**Karen Robert** - M.A., Group Facilitator, Women's Wellness Program

Every thought we think is creating our future. In this time together we will explore ways to craft a life that will nourish and support you, and in turn guide you toward greater health, happiness and longevity.

## March 4 - Nutrition Potpourri

**Victoria Schmidt** - M.S., R.D., Registered Dietician

We all know that good nutrition contributes to good health, but have you actually thought about what you eat and why?



## March 18 - The Power of Rest

**Karen Robert** - M.A., Group Facilitator, Women's Wellness Program

Too many of us accept sluggishness and fatigue as the inevitable side effects of hectic lives. Imagine feeling restored, refreshed and renewed through some simple, enjoyable techniques each day that can easily be incorporated into our lives.