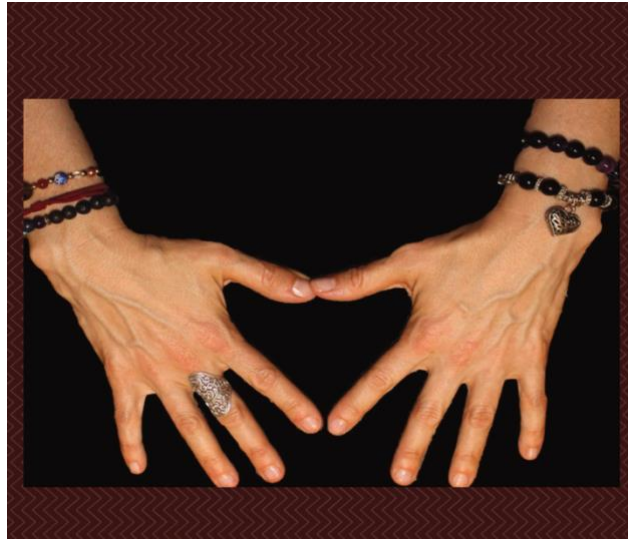


What is it like to  
"BE YOU?"



Some might call this a support group a conversation,  
a connection and a place to practice.

**BEING YOU~ Inside and out**

**Have you ever been asked this question?**

**Let's consider together**

**and Re-member our Individual and Community Wellness  
(body, mind and spirit)**

**When?**

**5:30-7:30 pm**

**The 1<sup>st</sup> Wednesday of every month**

**Where?**

**@Ripples to**

**Re-membering Wellness Center**

**342 Sanford Road Suite 3 Alfred Maine**

**Call Carrie Lee for details@207-977-3034**

**Exchange \$10.00**