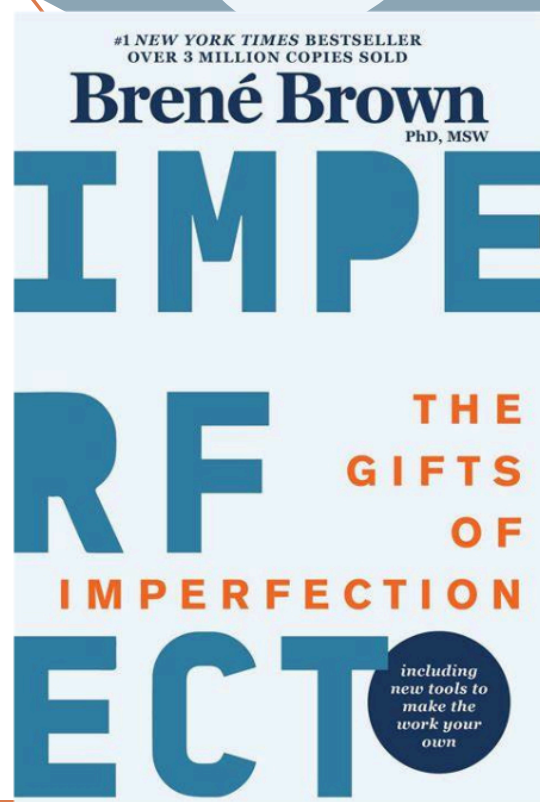


Therapist-Led

Book Club

Explore the power of vulnerability, courage & wholehearted living.



Tuesdays, 7-8PM

June 3, 10, 17, 24 & July 1

5 weeks: \$150

Lumen Wellness & Counseling

125 Chesterfield Towne Centre | Chesterfield, MO 63005

Come join us as we dive into Brené Brown's inspiring and transformative book, *The Gifts of Imperfection* – a guide to letting go of who we think we're supposed to be and embracing who we are.

Call or email to register: (314) 254-4105
isabel@lumen-wellness.com



LUMEN
Wellness & Counseling