

Hosted by
Infinite Possibilities

Summer Workshop: 4th Quarter Living



Your next chapter can be your best one. Join us for a welcoming workshop for adults 55+ focused on mental wellness, healthy relationships, and navigating life's transitions with confidence. Connect with others, gain practical tools, and discover new ways to thrive in the years ahead.

Lead by Dr. Sharon Young, LMFT

- **Thursday August 20, 2026**
- **3pm-4:30pm**
- **\$40 per person**

Sign up & get more info: www.counselingwithsharon.com