



Pearls of Wise Women
Life becomes more beautiful with age.

Registration

The Joyful Mindlift workshop is unique to Pearls of WiseWomen. We created this dynamic workshop to explore the “MindLift” and help you develop meaningful tools to engage in your Third Act of life. Our nourishes your mind, body and spirit. It is designed for women in their third act so they can age purposefully and enjoy the abundance of this time in their lives. It’s a great way to embrace the New Year.

Joyful Mindlift Workshop will include:

1. Joyful Mindlift
2. Nourishing the Mind Through an Attitude of Gratitude, Meditation, Mental Flexibility and Life Long Learning
3. Nourishing the Body through Water, Exercise, Food and Sleep
4. Nourishing the Spirit
5. Stringing Your Pearls

Name _____

Address _____

Cell # _____

Email _____

January 28, 2023

9:30 AM - 4:30PM \$250.00

Payment options:

Check made payable to **Pearls of WiseWomen, Venmo (Pearls of Wisewomen)** or credit card call Lisa- 508-277-6391 to process (3% fee to be added)

Mailing address: 840 Main St. Suite 211. Millis, MA. 02054

Who was the most memorable older person in your life and why?