



Pearls of Wise Women
Life becomes more beautiful with age.

Registration

The Joyful Mindlift workshop series is unique to Pearls of WiseWomen. We created this dynamic 6 part online workshop to explore the “MindLift” and help you develop meaningful tools to engage in your Third Act of life. The workshops are hands-on even with Zoom because you will receive mindfully chosen materials sent directly to your home, to provide a “live” experience as we explore our Third Act together.

The topics for the
Joyful Mindlift Workshops are:

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

Name _____

Address _____

Cell # _____

Email _____

April 12 - May 17 Tuesdays
6:30 - 8:00PM EST

Cost:

Pricing Schedule per person

- Workshop: \$225
- Early bird sign-up: \$195 **Ends March 20th**
- Create your own group: \$175 (past participants can attend for free)
- Scholarship fund available
- Packet Price \$30

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), Costs may be spread into two payments or weekly. Packets cost must be paid in advance.

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

Who was the most memorable older person in your life and why? Use reverse side.