***Growing Stronger Together***

***A Series of Women’s Conversations***

**Coming to terms with difficult life situations can cause deep discomfort for many of us. They may arrive in various forms including chronic health conditions, financial hardships, broken relationships, and more. In our conversations, we will explore new ways of caring for ourselves in times of challenge, as well as ways to make peace with life---on life’s terms.**

***Come join our summer 2013 conversations.***

***Facilitator: Elaine Merryfield***

***WED. June 26 Conversation #1: making peace with vulnerability***

***WED. July 10 Conversation #2: making peace with acceptance***

***WED. July 24 Conversation #3: cultivating practices of self kindness***

**\*\*Each session meets from 2:00-4:30PM**

**\*\*Pre-Paid Fee per individual session is $25.**

**OR Pre-Paid Fee for all three is $65.**

**Location: Willamette Wellness Center @ 1131 SW Hoffman Rd,**

**West Linn, OR. 97068 (just 4 miles outside Wilsonville)**

***WW Center is located on two beautiful acres including walking paths, pond/waterfall areas, and a labyrinth for your relaxation and reflection.***

**\*\*Pre-Registration Is Required By June 12th**

**Register with Elaine Merryfield at 503-972-8272**

**Elaine Merryfield has taught at Tuality Healthcare, Legacy Meridian Park Hospital, Pacific University, The Frida Center for Fibromyalgia, and other locations. Based on a multi-faceted nursing and health education background, her work in stress management began in 1987. In recent years she has incorporated a growing emphasis on mindful awareness practices. Since 2000, one of Elaine’s other areas of specialty has been counseling and supporting others who, like herself, live with fibromyalgia.**