

# Discover the Benefits and Healing Power of Talk

We all experience fear of the unknown. We have questions about our future, wondering what each new day will bring and we deal with daily stresses that seem to slow us down with no relief in sight.

Our weekly discussion and meditation group provides a safe setting where we can freely discuss the uncertainties and changes we are all experiencing. As a group we can create an atmosphere for healing and transformation, relieve stress, and develop positive coping skills that can enhance our ability to deal with our fears of the unknown and of change.

*Date:* **Thursdays**

*Place:* NIC NAC NOOK  
Metaphysical Book Store  
4280 Morrison Road  
Denver, CO 80219

*Time:* **6 PM TO 8 PM**  
**CHARGE IS \$5.00**

**COME JOIN US!**

For more information please call:  
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