

Just Friends

Join
us!



What is Life Coaching? Come and find out what it is and how it benefits people who are motivated to live their best life. Maybe you would like to volunteer to be coached during the session.

DATE: Wednesday, October 22

TIME: 12:30—2:30 PM

WHERE: Our Lady Star of the Sea Parish Hall

PRESENTERS: Lynne Martin and Carol Fragale Brill
Empowerment Coaches

**BRING BROWN BAG LUNCH...DESSERTS AND
BEVERAGES WILL BE PROVIDED.**