

LIFESTREAM ROCHESTER

Personal & Professional Development Seminars

Join us for a Fun, Free, and Facilitated

Community Gathering

Thursday, September 2, 2010

Theme is "Tools to Empower Yourself"

from 6:30-9pm

(socialize until 6:25 – join us when you can)

at the

First Unitarian Church**

220 South Winton Road, Rochester

(Just south of East Avenue)

Open to all – LifeStream Seminar grads, family and friends – [anyone else in our community who will enjoy a light, lively and inspiring event.](#) During the evening, we will have fun together and participate in exercises that will help us to:

- **Connect**
- **Relax**
- **Play**
- **Energize**

Fun DOOR PRIZES too !!!!

(Light snacks will be available)

For questions or information, contact: Josie (585) 342-5059 jestill@rochester.rr.com

NEXT MONTH'S COMMUNITY GATHERING: Friday, October 1, 2010

Future dates: November 1st, December 7th

** We use the building space only, and are NOT church affiliated

www.lifestreamrochester.com