## WOMEN OF A CERTAIN AGE:

## EXPLORING WISDOM, CREATIVITY & COMMUNITY THROUGH ART

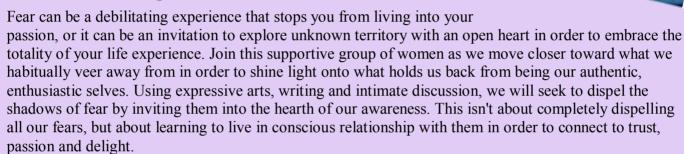
## Befriending Fear

5 Tuesday Evenings: August 29 - Sept 26, 2017 6:00 - 9:00 pm

Location: Fair Oaks \* Details upon registration

Cost: \$130 + \$30 materials Carol Mathew-Rogers, MA, Facilitator

"Fear is passion without breath." Dawna Markova





## Do you ever wish for:

- A chance to explore what is important to you?
- More confidence about your own creativity?
- Meaningful connection with other women?

Then Women of A Certain Age Workshops are for you!

The *Women of A Certain Age* workshops bring women together to deeply explore relevant life themes. We use art as a compassionate lens to focus fresh eyes on what we have experienced, allowing our spontaneous creations to enliven and inform us. In a circle of confidential sharing, we use poetry, journaling, and guided meditation to spark our imaginations before silently delving into various artistic media, always listening deeply to our inner wisdom. No art experience is necessary: only the willingness to playfully adventure with an open heart.





To register, visit our website at www.Creative-Edge.org

