

**YOU'VE GOT THIS!**  
**BE YOUR OWN**  
**SWEETHEART!**



**Friday, February 23rd**  
**6:30 to 8:00 pm**

at 110 W. Harvard St.  
in Midtown Fort Collins  
(at Thrive CommUnity Acupuncture)

Limited seating - RSVP Required  
More info & registration at  
*Thrive School of Practical Spirituality*  
**BeWellandThrive.org**

A \$20 fee divided between  
presenters and the school.  
Donate more if desired!

**A HEART-FELT EVENING TO HELP YOU GET TO KNOW YOUR OWN SWEET HEART!**

Renee Mahrie on: *"Learning to Love & be Sweet to Yourself,"* to help you illuminate more of your own light as you embrace it in your heart, your deepest self, and throughout your life.

Mary Dravis-Parish: *"It's Okay to be Selfish,"* about breaking through the barriers of what's selfish and being self-centered. You'll learn 7 levels of powerful self-care!



**Renee Mahrie**  
[www.ReneeBouma.com](http://www.ReneeBouma.com)



**Mary Dravis-Parish**  
Thrive School of Practical Spirituality

Complete presentation description  
and registration at  
[BeWellandThrive.org](http://BeWellandThrive.org)  
events & classes page.

