

LIFE, LOSS & HOPE

AN INTIMATE CONVERSATION TO HELP
YOU NAVIGATE LIFE'S BEST AND WORSE



*Joy and unhappiness. Life and death. Trust and fear.
Wellness and illness. In a world of unavoidable dualities
how do you find peace, contentment, and happiness?*



This monthly **"You Got This! Uplifting Conversation Series"** is dedicated to helping YOU live an easier, happier, more successful, and Spiritually inspired life!

Presenters **Mary Dravis-Parrish** and **Nikki Schmidt** will share their personal stories and inspirational insights, while **Missy Whaley** will share a spirited dance reflecting the evening's discussion.

Friday, March 31st
6:00 to 7:30 pm

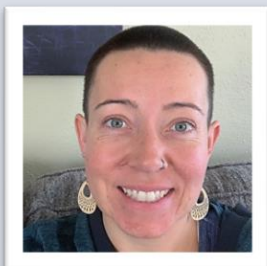
at 110 W. Harvard St.
in Midtown Fort Collins
(at Thrive Community Acupuncture)

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

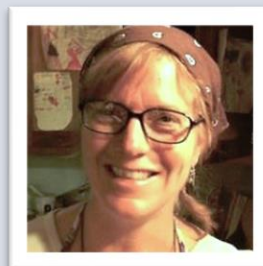
No fee and a donation requested
for **PROJECT SELF SUFFICIENCY**



Mary Dravis-Parrish
Parenting Educator



Nikki Schmidt
Energy Practitioner



Missy Whaley
Dancer/Massage Therapist