



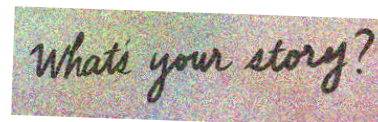
## Resilience Story Circle

### “An Oasis in the Desert”



**Thursday, August 6, 12-1:30 pm (Movie Room)  
with Shea Darian, Spiritual Care Provider**

Sharing favorite stories about someone or something that happened to you that helped you through a difficult season in your life.



“It’s been said that the shortest distance between two hearts is a story.”

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## Sound Healing to Reduce Stress & Soothe Your Spirit

**Tuesday, July 14 & August 11, 12-1 pm  
with Linda Schlicher, Sound Healer (Movie Room)**



Experience the therapeutic power of sound through crystal singing bowls and flute to help achieve balance, relaxation, and healing.

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## Writing as a Healing Path



**Thursday, August 27, 12-2 pm (Movie Room)  
with Shea Darian, Writer & Spiritual Care Provider**

Creative inspiration for the writer in you – beginners & experienced writers welcome. Supplies provided or bring your own notebook.



“Fill your paper with the breathings of your heart.”

– William Wordsworth

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