

SUMMER DIALOGUE SERIES

Three big questions. Three deep conversations. Join Executive Director Stacey Huget and ED Therapists Kaela Scott and Quetzo Herejk as we explore what we know for sure, what we need to decide for ourselves, and how to begin.

WHAT IS RECOVERY?

A path? A process? A destination? We talk a lot about recovery and what it looks like – but what does it really mean? More importantly, what does recovery mean to you?

WHAT IS A HEALTHY BODY?

Amidst so much confusion and misinformation, what do we really know for sure? What does having a healthy body really mean for you – and why should you care?

WHAT IS A MEANINGFUL LIFE?

What's it all about – this mindful, meaningful, purposeful living thing we hear so much about? What does it mean to have clarity and passion and joy in your own life – and how can you get there from here?

FOR MORE INFORMATION & TO REGISTER VISIT:
www.lookingglassbc.com/dialogue-series/

THE POST at 750 - 750 Hamilton Street, Vancouver
DATES: June 24th, July 22nd, August 26th
TIME: 1:30 to 4:30pm

Call us at 604-314-0548
Email info@lookingglassbc.com

