

Redefining Act Three

An IONS Conscious Aging Workshop

IONS Conscious Aging

AN INSTITUTE OF NOETIC SCIENCES PROGRAM - NOETIC.ORG

In our youth obsessed culture there is a lot of anxiety about aging. Yet these years are a time of great opportunity for spiritual, emotional and psychological growth.



What would it take for aging to bring out the best in you?

An 8-Week, Interactive Workshop

Wednesdays, September 5-October 31 - 6:30-8:30 p.m.
(No class on October 17)

Unity of Kanawha Valley Activity Room
804 Myrtle Road, Charleston, WV

Cost: \$149 (includes workbook)



Facilitated by Barbie Dallmann
Certified Life Coach
Certified IONS Conscious Aging Facilitator

To register, call Barbie at 304-345-4495
or email Barbie@CoachBarbie.com