

# The Wisdom Years

## *Essential Skills for Midlife and Beyond*

In our youth obsessed culture, there is a lot of anxiety about getting older. Yet these years are a time of great opportunity for spiritual, emotional, and psychological growth. Whether you are 40, 60, 80, or beyond, attending this workshop will give you an opportunity to experience yourself, your loved ones, and each person's life journey in new, empowering and honoring ways.



### **8-Week, Interactive Workshop**

**Mondays, April 1 to June 3 - 6:30-8:30 p.m.**  
(No class on May 6 or May 27)

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

**Cost: \$149\* (includes workbook)**

**Class Size is Limited - Pre-Registration is Required**

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](mailto:Barbie@CoachBarbie.com)

For additional details: [www.CoachBarbie.com/workshops-2](http://www.CoachBarbie.com/workshops-2)

***Explore for yourself: What would it take to make your  
Wisdom Years the Best Years of Your Life?***

*\*Full and partial sponsorships are available for those needing financial assistance. If you feel you would benefit from this workshop and don't have the necessary funds, please inquire about our Sponsorship Program.*