

WORKSHOP SPONSORED BY SUNDAY 10:00 A.M. DMI GROUP

Topic : Affirmations (All workshop participants will receive an Affirmations CD)

When : October 21, 2017 1pm - 4pm

Registration : 12:30pm

Where : Methodist Richardson Medical Center, Renner Road Campus

Doctors Pavilion, 2nd Floor Conference Room, Suite 200

2821 East George Bush Tollway, Richardson, Texas 75082

(Front entrance to Doctors Pavilion is the south side brown brick building with canopy, attached to the hospital)

Directions : From north or south Hwy. 75, take George Bush Tollway east, exit Renner Road, go north (left) on Renner Road. The hospital is on the right.

Parking : Free (front and back of hospital campus)

Suggested Donation : \$5.00

Bring : Pad and Pen

Provided : Complimentary diet sodas and bottled water

Any Questions Contact : Kris F. (972-822-8434)
Gayle R. (972-567-6295) or gcricho@hotmail.com

DO YOU NEED TO DO SOME FALL CLEANING? CLEAN YOUR THOUGHTS OF NEGATIVE SELF-TALK



Is there a crack in your foundation?

Come join us for our fall workshop to gain insight, get strategies, and practice those strategies to replace negative self-talk with positive loving talk, while working the steps and using the OA tools. Learn about a new "buddy" program that promotes the importance of "everyone is important & has worth", *"I put my hand in yours, and together we can do what we could never do alone"*.