

LIFESTREAM ROCHESTER

Personal & Professional Development Seminars

Join us for a Fun, Free, and Facilitated

LifeStream Connection

Thursday, March 1, 2012

Theme "Going with the Flow"

6:30 pm – 9 pm

(Socialize until 6:25 – join us when you can)

at the

First Unitarian Church**

220 South Winton Road, Rochester

(Just south of East Avenue)

Open to all – LifeStream Seminar grads, family and friends – *anyone else in our community who will enjoy a light, lively and inspiring event.* During the evening, we will have fun together and participate in exercises that will help us to:

- **Connect**
- **Relax**
- **Play**
- **Energize**

Fun DOOR PRIZES too !!!!

(Light snacks will be available)

For questions or information, contact: Josie (585) 342-5059 jestill@rochester.rr.com

NEXT MONTH'S COMMUNITY GATHERING: Friday, March 30, 2012

Future dates: 5/7/12, 6/5/12, 7/9/12

** We use the building space only, and are NOT church affiliated

www.lifestreamrochester.com