

# LIFESTREAM ROCHESTER

*Personal & Professional Development Seminars*

Join us for a Fun, Free, and Facilitated

## Community Gathering

**Wednesday - August 4, 2010**

**from 6:30-9pm**

*(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](mailto:jestill@rochester.rr.com)

**NEXT MONTH'S COMMUNITY GATHERING: September 2, 2010**

**Future dates: Thursday 9/2/10, Friday 10/1/10, Monday 11/1/10, Tuesday 12/7/10**

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

[www.lifestreamrochester.com](http://www.lifestreamrochester.com)