

THE POWER OF FORGIVENESS

& WHOLE BEING WELLNESS



**Wednesday Nov. 19th
1:30-2:30pm**

**Logan Library Bonneville Room
255 North Main Street**

Speaker: Coach Jenn McMurdo

*“Without forgiveness
life is governed
by... an endless
cycle of resentment
and retaliation.”*

Roberto Assagioli

*What is really happening when you forgive?
How do you forgive?
How often do you forgive?
How does forgiveness restore wellness?*

In this 1 hour class we will discuss the power of forgiveness and how we can use this principle to bring about greater joy and wellness in our lives. Other tools will be shared that will help you keep your emotional, mental and spiritual well being healthy and thriving.

**To Learn more about Coach Jenn join her on
FACEBOOK @ Come To the Mountain
or her blog www.coachjennblog.com**



Sign up @ www.cometothemountain.com or call 307-884-6682