



## **CIRCLE OF LIFE WELLNESS GROUP**

Are you ready to make some important changes in your life?

This 8 week session group will assist you in attaining higher levels of health, vitality, productivity, peace, abundance, joy, and life fulfillment. It's easy, fun, and available here at Riverview Psychiatric Center, beginning soon on Monday afternoons and evenings.

The **"Circle"** process can help any individual, at any age, with any belief, with any goal or problem, in a breakthrough process of empowerment!

**So why wait for someone else to fix your problem??!** Learn a process that will mobilize your own internal resources, teach you problem-solving strategies, and create the positive outcomes you want and deserve.

Sign up at the center with Pattie Reidy-Whitney or \*Dr. Debbie McKee, at 845-242-7864 for the group schedule. Two times are available on Mondays: 4:30 - 6:00 or 6:30 - 8:00. The fee is \$400 for the 8 weekly sessions and is due prior to beginning the group. The Circle of Life Participant Guide Book is included in the fee.

Invite a family member or friend to sign up with you as well!

\*Dr. McKee will lead the Circle group and is a NYS licensed Psychologist and certified Circle of Life Coach.

