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EMPOWERMENT



**Pause, Breathe and Create**  
**Friday at 2 PM Pacific**  
**March 5th 2021: Encore Practicing Presence**  
**Creating Hope**

"I don't think of all the misery, but of all the beauty that remains." ~ Anne Frank Have you experienced feelings of losing hope in your ability to make needed changes within yourself or your life situation? Making choices for change can feel difficult and impossible. There are ways to find hope as you become more present with your choices and actions. You will become more sensitive to the ups and downs as you are focused on the possibilities of building positive results of practicing presence. "Whether you think you can, or you think you can't -- you're right. ~ Henry Ford Join us as we

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