

Self-Help Wednesdays

Explore your mind every Wednesday.

Perimenopause/Menopause: Taming the Wild Ride

NEW! Use your challenging symptoms as a catalyst to express your greatest potential and become the woman you've always wanted to be. **Jenifer Novak Landers**, Certified Integrative Coach, empowers you to transform your experience from passionless to juicy!

Wed., May 7, 1:30pm Fair Oaks Blvd
Wed., May 21, 1:30pm Fair Oaks Blvd

Whole Life—Do You Have One?

NEW! Breakthrough Coach **Katrina Bee** helps baby boomers and busy professionals improve their health, career, and relationships with her Whole Life™ approach. You can get unstuck, discover what motivates you, and begin to achieve better results today.

Wed., May 7, 3:00pm Fair Oaks Blvd
Wed., May 14, 6:00pm Natomas



Manifesting Wealth

NEW! Creating abundance in all dimensions of life is possible for anyone focused on meaningful goals. Inspirational author **Mark Rafter** teaches how to use the Law of Attraction to create a high quality of life, live in love, and learn to thrive.

Wed., May 7, 12:00pm Roseville

Change Your Life with Hypnosis

NEW! **David Greenwood** of the Greenwood Hypnosis and Wellness Center explains how you can use the power of your mind to lose weight, stop smoking, and improve self-esteem. Discover how hypnosis can help you eliminate old habits and embrace the life you desire.

Wed., May 7, 5:00pm Roseville
Wed., May 21, 12:00pm Roseville

Hand and Handwriting Analysis Made Fun

What is hidden in your handwriting and the lines of your hands? Handwriting expert **Linda Charles** and hand analyst **Lyn Guerrini-Rohrer** teach you how to find the unique gifts in your hand markings. Learn what handwriting traits reveal about you.

Wed., May 14, 12:00pm Roseville
Wed., May 28, 1:30pm Fair Oaks Blvd

Enneagram Types: Know Yourself and Others

Discover your own personality type and see others in your life in an entirely different light by understanding the enneagram. Explore your own essential characteristics with **Linda Mercier**, a renowned coach and former top corporate executive.

Wed., May 14, 12:00pm Fair Oaks Blvd

A New Perspective on Women's Wealth

NEW! Mythology described woman by her age: maiden, matron, crone. Today it's her stage that's important: Married first at 18 or 49? Retired at 35 or 79? Financial pro **Sharon Goodwin** discusses the relationship between wealth, life stages, and financial decisions.

Wed., May 14, 1:30pm Fair Oaks Blvd
Wed., May 21, 7:30pm Natomas

Living Fearlessly

Do uncertainty, doubt, and excuses keep you from living the life you dream of? Certified Fearless Living Coach **Lynne Guerne** teaches key tools and skills to help you step beyond your fear and into your life.

Wed., May 14, 3:00pm Fair Oaks Blvd

Make Your Subconscious Work for You

Virginia Sabedra, Certified Clinical Hypnotherapist and Mind Performance Coach, reveals how you are your own best hypnotist, and how we hypnotize ourselves all day long. Learn the basics of the subconscious mind and how to direct it to work for you.

Wed., May 14, 4:30pm Fair Oaks Blvd

Bond with the Body You Have

NEW! Coach and trainer **Cynthia Sharp** teaches a fun, upbeat workshop for women that helps you bond with the body you already have. Learn to accept the perfect body you were born with, and enjoy a life full of movement and self-love.

Wed., May 14, 7:30pm Natomas

Meditation for Success

NEW! Breakthrough Coach **Katrina Bee** guides baby boomers and busy professionals to visualization and clarity via meditation. Experience this ancient practice of relaxation and her Whole Life™ approach, which helps you achieve better results in work and life.

Wed., May 21, 5:00pm Roseville

Four Easy Steps to Embracing Change

Betsy Williams, Licensed Marriage Therapist, Family Therapist, and Certified Business and Life Coach, teaches that courage, belief in oneself, and planning can help you navigate life change.

Wed., May 21, 7:00pm Roseville
Wed., May 28, 6:00pm Fair Oaks Blvd

Discover Yourself with Astrology

This entertaining hands-on course is perfect for beginners or returning students. Learn about the energy of the planets and understand your compatibility with others. Instructor **Janis Stonier** is an astrologer with 32 years of experience.

Wed., May 28, 12:00pm Fair Oaks Blvd

I Want to Get Organized, but Where Do I Start?

Let go of the guilt and the trepidation! Professional organizer **Natalie Conrad** will help you see your way through your organizing project for successful results. Learn the basic principles of organizing and how to begin a project.

Wed., May 28, 1:30pm Roseville

How Gestalt Can Change Your Life

Learn Gestalt techniques that will take you beyond reactive emotions to creative solutions. With more than 20 years of experience in organizational and personal development, **Mary Mielke** demystifies Gestalt and explains how it fosters inner healing.

Wed., May 28, 4:30pm Fair Oaks Blvd

Minutes to Emotional Freedom

NEW! Mind Performance Coach **Virginia Sabedra**, CCHt, shows you the basics of Emotional Freedom Techniques (EFT), an easy-to-learn tool for reducing or neutralizing your cravings, addictions, anger, fears, stress, and much more, often within minutes.

Wed., May 28, 6:00pm Natomas



The Building Blocks of Success

NEW! In this workshop focusing on the essential ingredients of success in any endeavor, college instructor and successful Web entrepreneur **Kevin Harville** shares tangible lessons he has learned from both failure and success.

Wed., May 7, 12:00pm Fair Oaks Blvd
Wed., May 28, 3:00pm Fair Oaks Blvd