



THE CENTER FOR INTEGRATIVE MEDICINE AND
THE SPA AT THE CENTER ANNOUNCE A NEW CLASS:

Finding Your Own North Star: Claiming the Life You Were Meant to Live

At some point in our lives, most of us get lost. We forget our unique purpose and what gives us meaning and joy. We forget to take care of ourselves or our bodies, to cultivate meaningful relationships, and to do work that we are passionate about. In essence, we forget to *really* live. If you are in need of a compass, a traveling buddy, or an internal “map check,” we hope you’ll join us for this three-part class that will help you find your way home.

Through guided activities, reflection, and “homework” you will begin to verbalize your core values, rediscover the vision you had for your life *before* you felt stuck, find out what you fear most and how it holds you back, and learn ways to create the life you’ve imagined. As you listen to your own inner wisdom, you will discover your Essential Self and how it steers you toward your North Star (your life’s purpose and calling).

When? Wednesdays—September 30, October 7 & 14

What time? 6:00-8:00 PM

How much? \$100

How do I register? Please call 643-2246 to register or for more information



SHELLEY PREVOST,
M.A., L.P.C.

1100 E. 3rd St.
Chattanooga, TN 37403

Phone: 423.643.2246
Fax: 423.643.2030
E-mail: sprevost@cim.md