

HOPE



12330 S. Forest Glen Blvd.

Attend one session.

Tuesday, August 20 at 6:30 p.m.

&

Saturday, August 24 at 11:00 a.m.

**MaryAnn Nowotarski, BA, RN, NC- BC, CMG,
a double degreed (nursing & psychology) 35 yr.veteran
RN & AMERICAN HOLISTIC NURSES-CERTIFIED NURSE COACH
will conduct a presentation on HOPE.**

**You will learn from a
holistic psycho-emotional & neuro-physiological basis:**

- * What is HOPE?**
- * Why have HOPE?**
- * Can HOPE be cultivated?**
- * How HOPE can benefit YOU:**
 - 1) Academically**
 - 2) Athletically**
 - 3) Physically**
 - 4) Psychologically**
 - 5) Health & long-life wise**

Join us for this informative presentation. Register at the Palos Park library's front desk or online at www.palosparklibrary.org, or by calling (708) 448-1530.