

MID-LIFE WORKSHOP

A series of workshops for women on the challenges, joys, struggles encountered in mid-life.



TOPICS TO BE COVERED:

Healing and wellness; spiritual well-being; loss transition; caring for others without losing self; celebrating skills and knowledge; growing older and getting better.

Date: **Thursdays:**
January 28 ~ February 18, 1999

Time: **9:30am ~ 11:30am**

Place: **Antigonish Women's Resource Centre**
Suite 204 ~ 219 Main Street

Facilitator: Barbara Hayes ~ counsellor in private practice. She has worked over twenty years with women on issues of health, healing and social justice.

To register call the Antigonish Women's Resource Centre 863-6221.

MID-LIFE WORKSHOP

The Antigonish Women's Resource Centre will be presenting, in January, a series of workshops on Mid Life and Menopause for women.

Often called the "Change of Life" no other stage of women's life has as much potential for understanding and tapping into women's power as this one- if we can ward off the general cultural negativity that surrounds menopause and midlife.

We live in an ageist society which devalues older women - very often seeing them as past their sexual and reproductive prime and consequently rendering them powerless and invisible.

These workshops will examine the negative stereotypes and look at ways to redefine the power and endless possibility of this very rich and creative time of life for women.

Topics to be covered include health & well being; loss & transition; reclaiming self and living authentically.

For more information call AWRC 863-6221 for start up date.