



**Grand Traverse County
Senior Center Network**

801 E. Front St.
Traverse City, MI 49686
231-922-4911
www.gtcoa.org

FOR IMMEDIATE RELEASE

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Subject: Life As a Healing Journey Workshop

Everyone carries an array of experiences with them through the ups and downs of life, often not realizing that life's journey can assist in the face of difficulties, and become a foundation for further growth as a human being. At the Golden Fellowship Hall, 9700 Riley Rd., Interlochen, Susan Griffiths, MSE, will present a wonderful four session workshop which addresses such issues, as well as, what healing means, and how to recognize stressors in life, plus much more. The first session is Friday, November 7, with each one scheduled from 9:30 a.m. – 11:00 a.m., and will continue for the next two Fridays (the 14th and, 21st), and conclude on December 5th.

All are welcome and admission is free. Any or all sessions can be attended; advance registration is encouraged – call the Senior Center Network 231-922-4911. Drop-ins are welcome.

Lori Wells, Deputy Director

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801 East Front Street

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The Senior Center Network is part of the Commission on Aging, "Caring For Those Who Cared For You." The Network provides many programs to older adults in Grand Traverse County. There are locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of seniors enjoy dozens of activities on a daily basis. Business hours are Monday – Friday 8 am – 5 pm. Call 922-4911, check our website or FaceBook page for more information.