



Is this Group for YOU?

- Do you live with a chronic, long-term physical illness or debilitating condition?
 - And want to improve the quality of your life?
 - And enjoy the support of kindred spirits?

Living Lightly with Health Challenges, a peer-led support group, could be right for you. We provide a safe and open environment to share our thoughts, feelings and experiences that arise from living with life-changing health challenges.

Together we explore such topics as

- *Grieving the Loss of a Former Life and Lifestyle*
- *Hope, Despair and Realistic Expectations*
- *Effects of Condition on Self-Image and Self-Esteem*
- *Using Coping Skills as a Path to Spiritual Deepening*

Living Lightly with Health Challenges meets on the 2nd and 4th Thursday of each month, 7:00-8:00 p.m. Meetings are held via Zoom.

Join us in meaningful discussion and mutual support!

Contact Dan Butler at djbutler@flash.net /214-762-6132 or Christine Karpeles at ckluddite@swbell.net /214-696-6766 for more information.