

Healthy Dating Workshop

Author Kim Baker & New Renaissance Bookshop Present

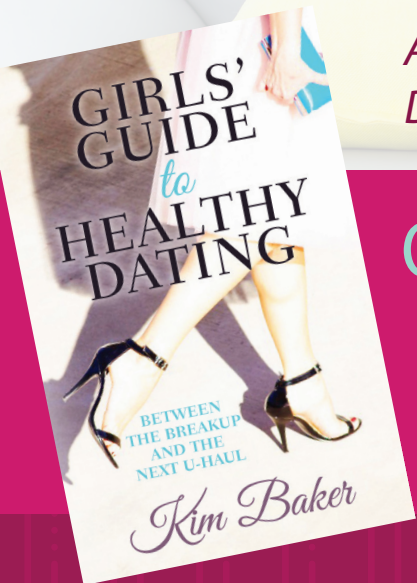
Healthy Dating Action Plan

A Mindful Approach to Connecting

What if dating didn't
have to be so hard?

In this interactive workshop, discover how shifting the focus back to ourselves can lead to healthier dating. Join us as we identify personal care priorities and examine our dating patterns through a lens of mindfulness to create a healthy dating action plan.

*A Girls' Guide to Healthy
Dating Workshop*



Girls' Guide to Healthy Dating
Between the Breakup and the Next U-Haul

A Model for Healthier Dating
Available for purchase at the event

New Renaissance Bookshop

Saturday, October 29, 2016 | 2-4 pm

CALL TO REGISTER (503) 224-4929 | \$20 Admission
1338 NW 23rd Avenue | Portland, Oregon