



**HEALING IS POSSIBLE: A LIFE PROCESS
TRANSFORMATION™ WORKSHOP
on Saturday January 28, 2017
** 9:00am to 3:00pm ****

(PLEASE BRING YOUR OWN LUNCH)

**at Langs Community, Health, Wellness Center
1145 Concession Rd, Cambridge, Ontario**

Directions: <http://www.langs.org/wp-content/uploads/2014/09/Directions-to-Langs-1145-Concession-Rd-Cambridge>. ([Right Click for Map](#))

Why attend this workshop?

"Life Process Transformation is not based on any spiritual ideology or religion; it is a way of helping you awaken to your true essence in a way that is simple, honest and natural. It asks you to explore fundamental beliefs about who you are and what life means to you.

You won't be asked to set goals or use willpower but rather guided through a process of self discovery that is direct and experiential. An enlightening path that starts from where you are now and evolves."

Viola Fodor, B.Ed., M.Ed., Author & Creator of Life Process Transformation™ Program

Our 2 workshop leaders have experienced the Life Process Transformation™ Program and are both using it with success professionally as therapists.

Please join **Elisha Van Harte, MSW RSW**, and **Janet Lovegrove, Reg. Nurse, MSc., CPMHN**, as they present options for healing from eating disorders and other mental health concerns. Elisha and Janet will share their stories about how they healed from their own eating disorders as well as anxiety, depression, and PTSD, and now help others to do the same. Drawing from content in the Life Process Transformation™ Program workbook, they will also present self-awareness exercises that encourage honest self-examination, quieting the mind, and nurturing the inner self.

**** No cost to you; complimentary space for our workshop has been provided. Please RSVP to Esther Etchells, Family & Friends Support group facilitator, via email at eetchells2@gmail.com or by calling 519-497-6720.**

Please note that an alternate date of Saturday February 4, 2017 9am-3pm at Langs Community, Health, Wellness Center has been chosen if inclement weather requires it.

For additional information, please check out the following websites: Viola Fodor & the Life Process Transformation Program (www.violafodor.com), Elisha Van Harte (www.elishavanharte.com), and Janet Lovegrove (www.janetlovegrove.com).