

self-care for the soul

It's the last thing we make time for and the first thing we give up—yet self-care is essential to our personal well-being, our spiritual evolution, and our capacity to serve others. In this inspirational workshop, your wise inner self will show you what you need more of (and less of!) in your life. And you'll come away with practical steps you can take to continue to nurture your soul.

Thursday, July 14, 9:30 am - 12:30 pm

Leolyn Garden Room

Joanne Franchina

Life coach, medium, instructor, writer, and the founder of Inner Compass, a spiritual counseling practice.



Certified medium and ordained minister with Fellowships of the Spirit in Lily Dale, Joanne empowers and inspires people to create fabulous lives for themselves by using their inner wisdom in everyday situations. YourInnerCompass.com.

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