

# Choose Life! Making the Most of Life Transitions



## WORKSHOPS for WOMEN at MIDLIFE & BEYOND!

**Resuming in Spring 2015**

5 Wednesdays, 7-9 pm or 5 Sundays, 2-4 pm

**With Linda Blachman, MPH, MA, CPC**

*Empty nest? Menopause? Divorce? Career shifts? Glimpses of retirement and aging?*

However challenging, transitions at midlife and older offer exciting opportunities to take charge of your circumstances, recharge your batteries and discover new avenues towards a better life!

Planning and goal-setting for this time in your life are more successful and satisfying when they flow from what is most alive, true and meaningful.

With skilled guidance and peer support, this intimate, experiential workshop will help you:

- NAVIGATE change with greater confidence and ease
- ANCHOR yourself to the answers and authority within
- CONNECT with your sources of vitality, authenticity and meaning
- MAKE life-affirming choices and wise plans for a bright next chapter
- KNOW what matters most to you and start living it now

Each session will engage you with a variety of ideas, practices and resources for connecting with yourself and the present moment and discovering a creative path through change.

**5 small-group sessions – \$347 |\$50 discount for each friend you bring!  
EARLY BIRD SPECIAL– \$297 (check back for dates)**

Contact [linda@lindablachman.com](mailto:linda@lindablachman.com) or 510.540.8755 for dates and to schedule a brief intake interview.  
<http://www.lindablachman.com>



### About Linda Blachman

*Linda is a certified life and creativity coach, certified imagery guide and author with 30+ years of professional experience working with individuals and facilitating groups and workshops. Her mission is to help others connect with their inner wisdom and access what is most alive and authentic in order to manifest their deepest desires for a fulfilling life. With advanced degrees in counseling and public health, Linda offers a rich combination of skills and perspectives from coaching, counseling, guided imagery, personal history, health education and mindfulness practice.*