

# Is LIFE becoming **OVERWHELMING?**



FAMILY & WORK & SCHOOL &  
the LIST goes on...

Let us help you get it  
Under Control with



## Upcoming sessions (2:00pm - 3:00pm):

June 10 (Mon)

June 17 (Mon)

June 24 (Mon)

July 2 (Mon)

June 14 (Fri)

June 21 (Fri)

June 28 (Fri)

July 5 (Fri)

**Just 1-hour a session to make life easier!**



Location:



410 E. Columbus Dr., Room 201F, East Chicago

**(FREE** to East Chicago residents)

Call **(219) 886-1111** to learn more or to RSVP Today.

