



**FRIDAYS AT 10:00 -11:15A.M.**

**WELLNESS**

*Equals*

**FREEDOM**

*Freedom to live the life God wants for us.*

*Unhealthy habits don't just weigh down our bodies.*

*They weigh down our minds and hearts too.*

## **Living Waters**

**Catholic Counseling Center**

**175 Wolf Hill Road, Melville, NY 11747**

**Carol Rubano, LCSW-R, ACSW, CASAC**

**Executive Director**

Located next to St. Elizabeth Church. Park in rear lot and follow signs down the sidewalk to the right of the main entrance in back.

Evening hours will be scheduled if needed.

There will be an optional walk for 30-40 minutes after our meetings.

If you're interested in a daily plan for health, this weekly group may suit you!

Together we will seek physical, spiritual and emotional wellbeing.

We'll heal through a plan to eat well, exercise, build our daily prayer lives and learn together by reading the writings of many great teachers in a supportive environment.

**FACILITATED BY  
LORAIN TURAN**

For information call:

(516) 429-2510

