

WOMEN AND SELF-ESTEEM SERIES



This eight-week class is for women who are seeking to strengthen their self-worth. Led by Jenny Thorn, LMHC, this series works on building self-esteem by improving attitudes, strengthening support systems and learning positive ways to care for self by working together with other women.

Mondays, starting Oct. 3 • 6-7:30 p.m.

Fee: \$200 for entire series, plus \$16 for book
Financial assistance available

Mercy Medical Center – West Lakes
Physician Conference Room
1601 60th St., West Des Moines

Pre-registration is required; please contact
Mercy Nurse at (515) 643-2584.



BEHAVIORAL HEALTH

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