



"WE'RE ALL JUST WALKING EACH OTHER HOME"

—Ram Dass

A Soulful Happy Hour/Meet & Greet
Monday, February 11 ⌘ 5:30-7:30 p.m.

Hosted by Kathryn Byler
Westin Residences #3404
4545 Commerce Street
Virginia Beach, VA 23462

*Thank you to all who signed
up in October—we hope you
can make this rescheduled
February date. 🐾*

Join Annapolis life coach
Amy Steindler for **an
evening of facilitated
conversation** that will
change the way you think
about friendships and work
relationships, and about how
we can treat each other more
generously in stressful times.

You'll learn the three most
important self-awareness skills
for friendship, leadership and
relationships, and how to

repair, re-energize or initiate
meaningful and satisfying
relationships.

You'll be able to put these
lessons into practice
immediately, getting you
closer to the people you really
care about.

Now, who doesn't want that?
Say you'll come.

RSVP
kbyler@pendercoward.com