

# Find Yourself

The meaning of your life is waiting to be discovered

A free 1-hour seminar offered by Erin Moline, MA

Thursday, June 28, 2007

12 noon – 1 pm

US Bank Room

Portland Central Library

The meaning of one's life is not something elusive or obscure—it is waiting for us in every moment.

Learn simple yet powerful tools:

- ☞ Relax into your life
- ☞ Choose to be happy

No pre-registration is necessary.

Please contact me with any questions or concerns.



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for individuals and couples*

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*Erin earned a Master of Arts in Counseling Psychology from Lewis & Clark College and has a counseling and therapy practice in downtown Portland where she works with individuals, couples, and groups.*

