



Insight and Inspiration,
Innovation and Vision
For the Developing and
Evolving Self

**INTERNATIONAL INSTITUTE
FOR SELF DEVELOPMENT**

IIFSD.org

A Workshop

Women In Mid-life Create your second adulthood! Glen Head, New York

- ❖ Empty nester?
- ❖ Career changer?
 - ❖ Retiring?
- ❖ Seeking something new?
- ❖ Wondering what you want to be when you grow up?

**Join us for a 10 week discussion and support group
on exploring this exciting turning point in life!**

- ❖ Define your second adulthood
- ❖ Pursue or renew your passions
- ❖ Explore relationships and sexuality
- ❖ Plan your work life: Retire? Career change?
- ❖ Take charge of physical changes – stay healthy and active

