



VIOLA · FODOR
LIFE PROCESS TRANSFORMATION™

HEALING IS POSSIBLE: A LIFE PROCESS TRANSFORMATION™ WORKSHOP

on Saturday

May 4, 2019

**** 9:30am to 3:30pm ****

(PLEASE BRING YOUR OWN LUNCH)

at Langs Community, Health, Wellness Center
1145 Concession Rd, Cambridge, Ontario

Directions: <http://www.langs.org/wp-content/uploads/2014/09/Directions-to-Langs-1145-Concession-Rd-Cambridge>. [\(Right Click for Map\)](#)

Why attend this workshop?

"Life Process Transformation is not based on any spiritual ideology or religion; it is a way of helping you awaken to your true essence in a way that is simple, honest and natural. It asks you to explore fundamental beliefs about who you are and what life means to you.

You won't be asked to set goals or use willpower but rather guided through a process of self discovery that is direct and experiential. An enlightening path that starts from where you are now and evolves."

Viola Fodor, B.Ed., M.Ed., Author & Creator of Life Process Transformation™ Program

Our workshop facilitator has experienced the Life Process Transformation™ Program and is using it with success professionally as a psychotherapist and educator.

Please join **Janet Lovegrove, Reg. Nurse, Psychotherapist, MSc, CPMHN (Certified Practitioner in Mental Health Nursing)** as she presents options for healing from eating disorders and other mental health concerns. Janet will share her story about how she healed from her own eating disorder as well as anxiety and depression, and now helps others to do the same. Drawing from content in the Life Process Transformation™ Program workbook, Janet will also present self-awareness exercises that encourage honest self-examination, quieting the mind, and nurturing the inner self.

**** Cost to attend is \$35.00 per person. Please RSVP to Esther Etchells, Family & Friends Support group facilitator, via email at etchells2@gmail.com or by calling 519-497-6720.**

Morning coffee, tea, and muffins will be provided. Please feel free to bring a lunch or plan to visit neighbourhood restaurants.

For additional information, please check out the following websites: Janet Lovegrove (www.janetlovegrove.com) and Viola Fodor & the Life Process Transformation™ Program (www.violafodor.com).