

Footsteps to the Future Naples Meeting

3rd Monday, September 20, 2010

Taming the Dragon

Dr. Bonnie Heidel is a Board Certified Holistic Physician who has written a book, due for publishing in early 2011, entitled **Taming the Dragon...moving through the fire, to achieve results in your life.**

In her **discussion** with us, she will discuss how as our life occurs, things get "piled" on us, like someone has stuffed us in a tube and is piling this stuff on our heads...the weight gets heavy...money is tight, anger and frustration builds...there is alcohol or drugs, or both...abandonment...fear takes over, the anger and frustration builds more, things go wrong, people take advantage of us, there are harsh words, anger and frustration keep building...we fight to exhaustion...and before you know it, there it is...



THE DRAGON...a big fire breathing beast that has entered our world and is trying to consume us...now what?

Please come and join us at this meeting.

Mentors, please contact your Mentee regarding the gathering and RSVP.
A light dinner will be served.

Where:

Saint Monica's Episcopal
Church

7070 Immokalee Rd.

Naples, FL 34119

Phone: (239) 337-7333

When:

September 20, 2010 @ 5:30 PM

To RSVP, Call or Email:

Judi Woods (239) 463-4127

Cell:(239)281-7378

Upcoming Events:

- Footsteps next event.. an on-line event...The Naked Fundraiser!!
- Anyone having pictures, poems etc or some GOOD NEWS they want in our upcoming newsletter please contact Judi or send via email.
- Grand Opening for Footsteps Transitional Living House will be early Fall look for more info to come.
- Footsteps Clothes Closet at our Transition House will be open soon watch for announcement soon.