

Untethering Your Inner Self

Part of the "Lunch & Learn" Series

St John's Episcopal Church, Youngstown

October 10th, 17th, & 24th

11:30am-1pm

- ◆ **Free yourself from being trapped by the limitations of our self-imposed world**
- ◆ **The journey is an inner one, drawing upon every aspect of your life**
- ◆ **View your 'self' from different angles**
- ◆ **Seek the root of our 'self'**
- ◆ **Explore a How-To Session on looking at your inner growth**



Bring Your Lunch & Enjoy the Exploration
Presented by Dr. Germain Ludwig, PHD
Adjunct Professor, Niagara University