



Circle of Friends

*"We Don't Meet People by Accident,
They Are Meant to Cross our Path for a Reason"- unknown*

Are you looking for ways to feel more connected?

Would you like to be part of social group?

**Are you open to meeting new people
and sharing and learning from each other?**

The Group will have three components:
Exercise and Wellness, **Arts and Culture** and **Writing and Reflection**
but the Group will choose the focus.

We will meet for one hour once a week for twelve weeks.
(The hope is you will want to continue meeting after the twelve weeks as well)

Get in touch with Betsy Kelly from **River Forest Township**
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or Barb Bodner from **Arbor West Neighbors** at bodsail@gmail.com