

"I have never  
painted before - I  
never knew I had  
that much to say"  
~A Participant



# Turning the Page:

## Women's Wellness in Oak Bay

Join a small, intimate group of 10 women over the age of 50, for a FREE eight week program to explore, through art, our experiences and strengths as women aging.

With the use of the creative process we will create a Wellness Journal. We will share, through art and story telling, our rich inner world, perhaps making new dreams.

It is open to women of all abilities. All supplies are provided.

**Time: 12:30 - 3:30 PM**

**Dates: Wednesdays, starting January 16  
to March 6, 2019**

For more information and to register, please contact **Laurie at 250-592-2927 ext. 223.**

VICTORIA WOMEN'S  
 **Transition House**  
SOCIETY

Made possible with funding from  
The Tony and Mignon Fenton Trust