



What are You
Waiting For?
LIVE NOW!

Transform your life during this intimate 6 week program designed by women, for women. The group sessions, facilitated by Dr. Vivian Sierra, will give you the tools to **LIVE NOW**.

Mondays from 6:30-8pm

Oct. 20 - Nov. 24

Meet at The Abbey, West Belleville

\$195 paid in advance

or \$42/session

Space is limited, reservations required.

Call today 618-398-6552

Sierra Counseling
viviansierra.com