



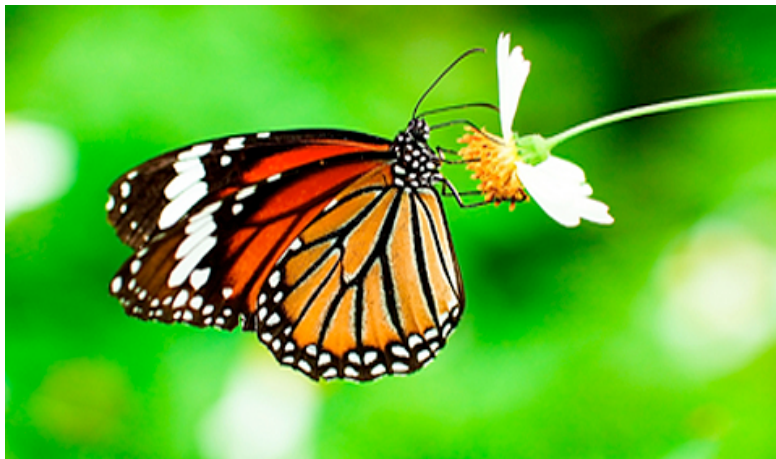
**NUTLEY FAMILY  
SERVICE BUREAU**

# ***TRANSFORMATION MEDITATION***

## ***A New Year, An Evolved You***

**Manifest with Intent in 2017! Transformation usually involves the shedding of old ways, especially those that have become burdens. No matter who you are, no matter what has already happened to you, no matter what you have done, it is still possible to be and do something new.**

**During this meditation experience, we will journey through 2016 and explore the many lessons gifted to you. We will then embark on a clear and courageous goal setting ritual for your new year. We will be creating a vision board for you to take home to enhance your success!**



**With gratitude, we digest the nectar that was cultivated in 2016 which strengthens us for our transformation in 2017. The meditation is offered by Caitlin Peterson, a Licensed Clinical Social Worker and Certified Hypnotherapist. Because we will be providing supplies for your vision board, we ask that you register by December 19<sup>th</sup>.**

**When:** Wednesday, December 21st, 7:00 pm to 8:30 pm

**Where:** NFSB Annex, 169 Chestnut Street, Nutley, NJ 07110

**How:** Please call with questions and to register at (973) 667-1884

**Suggested Offering:** \$25.00