

LifeCompass and LG/Saratoga Recreation present:

# ***“Recovering Your Future By Discovering Your Past Through Memories”***

**Saturdays**

**March 12 & 19**

2:00 PM – 4:00 PM

Location: Los Gatos  
Recreation Center  
123 E. Main Street  
Los Gatos

**Fee:**  
**\$45**

Call now to register:

408-354-8700 or

register on –line at

[www.lgsrecreation.org](http://www.lgsrecreation.org)

Class code: 3492.201

**Space is limited!  
Register Early  
To reserve your  
spot!**

Recovering Your Future By Discovering  
Your Past Through Memories:

Most people have some amazingly vivid memories of their lives. Memory Psychologists say that memories are the tool through which we define ourselves and find meaning in our lives. This class will include:

- The role that memories play in creating the lives we live
- A forum for participants to explore their own self-defining memories
- Guide individuals to make choices to create the most positive use of their pasts

***Instructor: Jaqui Duvall is a Certified Empowerment Coach with over 20 years experience in coaching and teaching high performing individuals and teams.***