Our Women’s Wellness program, **SHIFT**, is a new concept specifically designed to support our participants as they begin to grow in new areas of their lives. We recognize that sharing hope, inspiration, forgiveness and trust (“Shift”) provides a new way in allowing recovery to take hold. We also recognize that providing social interactions to build and bring out inner qualities and gifts, within the women, will also produce a "shift" in perspectives and behaviors.

**SHIFT** (Sharing Hope Inspiration Forgiveness & Trust) is an opportunity to engage our women beyond housing. Our goal is to raise their awareness of self-worth and to present opportunities for spiritual-physical-mental healing; to heal the whole woman – one workshop at a time.

We do this by engaging business entrepreneurs, business professionals, artists, and individuals to facilitate hands-on workshops. These workshops enable the women to dream, to be inspired, and to know that others care. By proving holistic opportunities that engage the whole self - spirit-soul-body, we go beyond housing to ensure that they become well rounded citizens. **SHIFT** provides LTC clients an opportunity to get to know who they are intimately and socially.

**SHIFT - (Sharing Hope, Inspiration, Forgiveness & Trust)**

The **Second** Friday of the Month

Standard Time of Starting: 6:00 PM / Normally Ends: 7:45 PM
SUGGESTED: Workshop/Presentation Opportunities

**Hair & Skin Care**
- Cleaning your skin / hair
- Learning to use the proper moisturizers for your particular facial structure
- Manicures and Pedicure Maintenance

**Hygiene**
- Body Care
- Feminine Hygiene
- Oral Hygiene

**Professional Dress**
- Dressing for success as well as dressing for everyday affairs
- Fashions Shows / Dress for your body size/type
- Field Trips - Clothing Stores
- Treat Your Feet - learn to wear the proper shoes for your foot size

**Cooking Your Way to Health**
- Supermarket Trips
- Plan Meals
- Prepare Financial Plans
- Kitchen Clean Ups

**Other Opportunities**
- Spiritual Gifts Assessment
- Finding your Passion/Talent
- Prosperity Sessions / Treasure Mapping
- Living Wealthy with What You Have
- Set Goals for Entrepreneurship
- Mentoring
- Maintaining Your Funds
- Financial Health/Banking
- Maryland Cash Program
- Cultivating your Creativity

Please indicate the workshop that you would be willing to facilitate – print this form and fax to 866-910-5074 or save and email to: info@lightoftruthcenter.org. Upon receipt we’ll get you on the calendar.

Do you have a workshop that you would like to facilitate that is not listed above? If so, please let us know.

I would like to present:

Contact - Constance Mann-Leonard at cmann-leonard@lightoftruthcenter.org or info@lightoftruthcenter.org

Disclosure Statement: The Light of Truth Center, Inc. is a charitable and educational organization designated as tax-exempt under Internal Revenue Code section 501(c)(3). A copy of our financial statement is available upon request by contacting The Light of Truth Center, 3308 Kyle Court, Baltimore, MD 21244. Documents and information submitted under the State of Maryland Charitable Solicitations Act are available from the Office of the Secretary of State of Maryland, Annapolis, MD 21401 for the cost of copying and postage.