

Somerville Council on Aging Presents



Friday, May 4, 2018

10:30 am until 11:30 am

167 Holland St. Somerville, MA 02144

Join Ashley Heacock and Zdenka Myslikova at the Holland Street Center. Ashley and Zdenka will help us let go of our negative emotional patterns and will provide techniques to help us thrive every day instead of just surviving. Ashley will be leading a conversation on purpose; what we view ours to be, how our views have changed, and where we are headed!

Sign up by calling: (617) 625-6600 ex. 2300