

Public Seminar

for ages 20 to 60 years

Middllessence, Mid-life Crisis and Menopause



Illustration L Hartley ©

Presenter:
L D C Hartley

A practical programme of coping skills for men and women frustrated by changes due to the normal life stages of middllessence, mid-life crisis, and menopause (change-of-life).

This seminar is internet listed at www.geocities.com/info_seminars