

FOCUS FORUMS

February 10

"WEIGHT REDUCTION" with Russ Grieger and Randy Sights. This forum takes the position that weight problems are most often part and parcel of the basic attitudes we develop about ourselves as human beings. Not designed to offer an all-purpose shortcut to thinness, this forum will lay out some of these self-defeating attitudes and suggest long range solutions.

March 3

"DREAM ANALYSIS" with Phyllis Koch-Sheras. In this forum, Dr. Phyllis Koch-Sheras will look at dreams as valid experiences, which can be tapped to expand self-knowledge and offer a fresh perspective. She will discuss how working with dreams can give ideas on how to deal with issues that are occurring in everyday life.

April 14

"ANGER, FRUSTRATION AND STRESS" with Russ Grieger. This forum will help the participant understand the dynamics behind anger arousal and maintenance. It will help you get in touch with those issues that trigger your anger and discuss ways to help you take responsibility for your reactions. And, without suggesting passivity or dependency, it will offer concrete suggestions to help you live with and without anger.

WHERE: WESTMINSTER PRESBYTERIAN CHURCH

TIME: 7:00-8:30

COST: \$2.00

