



WHAT IF YOU DIDN'T HAVE TO PUSH THROUGH EVERYTHING?



A relaxed conversation about navigating life
with chronic illness, pain and disability
Approximately 60 minutes



Has your body changed?
Are you carrying more than people realize?

COME CURIOUS.
LEAVE WITH SOMETHING
USEFUL.

LET'S TALK ABOUT IT.

-  Working with your body, not against it
-  Navigating change & finding your way
-  Boundaries, relationships & support

FREE COMMUNITY TALK

October 23rd at 2 PM
Sonoma County YMCA /1111 College Ave, Santa Rosa CA,
95404
Open to all • YMCA members & non-members welcome

Gabrielle Baylor, APCC, CRC

Registered APCC #14313

Therapy for real life — especially when life gets complicated.
Supporting adults navigating chronic pain, chronic illness,
disability, anxiety & life transitions.

FREE Registration
here:



Supervised by Emily Morrison LMFT #49259