The Mariah Fenton Gladis Foundation
presents

An Afternoon of Forgiveness

with *Mariah Fenton Gladis*

sponsored by **The Center for Nonviolence and Social Justice**

Sunday, June 29, 2014
1pm – 5pm

at Behrakis Grand Hall, located in the Creese Student Center
Drexel University Campus in Philadelphia, PA.

"When we are unforgiving, we are carrying rage and resentment. **When we forgive someone, we don't exonerate their behavior, we give ourselves the permission to let go, *to put down a great weight.*** *The beneficial effects of forgiveness ripple out to our physical health and to all our relationships."*

– Mariah Fenton Gladis

Mariah, a 33-year survivor of Lou Gehrig's Disease (ALS), will share her secrets of using the act of Forgiveness as a powerful and transformative tool to miraculously move beyond her disability and create a dynamic and fulfilling life.

Please join renowned psychotherapist, Mariah Fenton Gladis, in this ***free*** workshop focusing on the beneficial body, mind, and spiritual effects of forgiving – a life changing and sacred act that can be an antidote to depression, anxiety and shame.

To register, please contact the Foundation at **610-647-4754** or **mfgfoundation@comcast.net** or **www.mfgfoundation.org.** We'll send you information and directions. **Donations accepted.**

The Mariah Fenton Gladis Foundation
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