

THE TEN ESSENTIAL HUGS OF LIFE! (183)

Saturday, 10:30 – 12:00 (1 Class 2/24) in Room 30

Tuition \$12

During this class, we will review an amazing book by Roy Spence. Hugs lift people up, heal hurts and spread love. Not a natural hugger? No worries because some of the most important hugs don't involve physical touching. Together we will learn about the four kinds of hugs and how the 10 essential hugs of life can give the deepest meaning to our lives.

We will also incorporate some of the life lessons by Viktor Frankl, a Holocaust survivor, who taught about the importance of finding true meaning in our everyday lives. "People may have enough to live by, but more often than not they do not have anything to live for."

A few inspirational songs will reinforce the messages! Come and be uplifted and inspired learning how every time we reach out and touch a heart or life, the world changes. We can each make a difference in the world by our actions, experiences, and adopting a courageous attitude in tough situations.

Nancy Starewicz is a school psychologist who has worked with students and families for over 30 years. She was born and raised in Alexandria, Minnesota. She attended Valparaiso University and Loyola University, earning her BA and M.Ed. degrees in Educational Psychology. In 1990, she was named Outstanding School Psychologist for the state of Indiana. She taught Psychology of Learning at Purdue University for seven years. She is married to Doug, a retired educator and coach. They have three adult children and two grandchildren. Since retiring from her full-time job in 2008, Nancy has written eight books about her Wheaten Terrier Lucky, and they have visited thousands of students in Indiana, Minnesota, and Florida. During their interactive programs, students, teachers, and parents hear about Lucky and see her demonstrate her "good behaviors!" All the Lucky books have universal messages for all ages emphasizing empathy, listening, trust, being thankful, and friendship. Nancy says she writes her books about important life lessons she has learned from Lucky.