



Hal Pullin, M.A.
 Licensed Mental Health Counselor

**Counseling and
 Psychotherapy**

A path to help us bloom more fully
www.halpullin.com



421-4858

A public fundraising series of five workshops is being presented by Out of the Fog for Life Seminars and the Ululate Galley to benefit the Skagit County Community Action Agency.

TO BLOOM OR NOT TO BLOOM



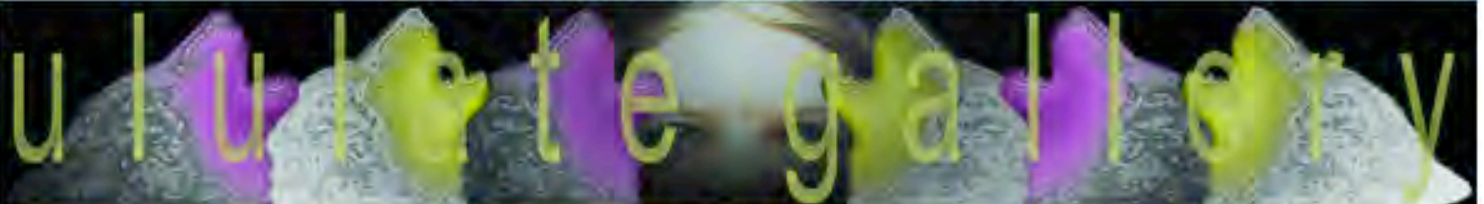
**How can I use my mind
 more effectively to optimize my
 lasting health and well-being?**



Workshop includes a workbook and Hal's list of the ten most important questions for a full life. If you don't know the questions, how will you find the answers? Go to www.halpullin.com for list of all five workshops.

Early sign-ups are recommended because seating is limited to 20.

PRESENTED FREE OF CHARGE BY:



ULULATE Gallery 924 South 11th Street Mount Vernon, WA 98274

August 20, 2011 11:00AM to 2:00PM

Donations Accepted For: Skagit County Community Action Agency

MAP AND FLYER at: www.ululate.org

RSVP Required: 360-421-4858