



## Friends of Heart Empowering life by sharing knowledge and wisdom

"Everyone thinks of changing the world but no one thinks of changing himself" ... LEO TOLSTOY

We spend our lifetime taking care of others; and in the process, we neglect to look after ourselves. If this message resonates with you, then join us in a sojourn to take charge of yourself - through self-management of your mind, body and spirit.

Friends of Heart is a collaborative group of kindred spirits that empowers life by sharing our cumulative knowledge and wisdom. Our focus is the body/mind/soul entity and raising awareness, which is done through monthly seminars and workshops dealing with self-development, philosophy and New Thought.

We already have conducted few meetings. To review the reports and photos of past events go to: <http://www.friendsofheart.org/events/>

Review topics of presentations and discussions: <http://www.friendsofheart.org/topics/>

### How to Join & Support:

- Join us as a friend on online (no charge): <http://liferepattern.meetup.com/28/>
- Become a volunteer: <http://www.friendsofheart.org/Volunteers>
- Join our Speakers Bureau for giving future presentations: <http://www.friendsofheart.org/directory/>
- Become a Sponsoring member: [http://www.friendsofheart.org/friendsofheart/life\\_members.htm](http://www.friendsofheart.org/friendsofheart/life_members.htm)

### Future Plans

1. Publish e-Newsletter.
2. Establish a library and a resource center
3. Establish a wellness retreat

### For Inquiries:

We need sponsors, speakers and volunteers to provide empowering programs. Contact Max Haroon by sending an email to [www.FriendsofHeart.org](http://www.FriendsofHeart.org) or phone: 416-891-937

