



## **Finding Community - Women's Week Programs from HOW**

- ♥ **Thursday, October 13, 3pm - Free Lecture: "Balancing Change and Managing Life Transitions";** Join Gwynne for an interactive workshop where you'll learn some tools to manage the change events in your life so they don't manage you! Whether your transition is personal or professional - you're welcome to attend. *Call HOW to register for this free program: 508-487-4357. At Seashore Point, 100 Alden Street, Provincetown*
- ♥ **Friday, October 14, 11am - 12:30pm - Free Discussion Panel: "Living, Dying, Grieving: A Continuum of Community Care";** Listen to The Lily House, HOW, and other community organizations share what "Community Care" means and looks like across the Outer Cape. **At The Commons, 46 Bradford Street Provincetown**
- ♥ **Friday, October 14, 3pm - Tea Time Walk & Talk with National Park Service Ranger & HOW;** Join us for a cup of tea, a short talk on the ways that nature benefits our health, and a 1-mile walk at Beech Forest. Cape Cod National Seashore, North District Supervisor, Aleutia Scott and Gwynne will lead this gathering - rain or shine. **At Beech Forest, 36 Race Point Road, Provincetown**
- ♥ **Saturday, October 15, 11am - 12:30pm - Free Discussion Panel: "Plant Medicine & Psychedelics in End of Life Care";** Listen to The Lily House, HOW, and other community organizations share the latest research on this fascinating topic. **At The Commons, 46 Bradford Street Provincetown**
- ♥ **Saturday, October 15, 3pm - HOW Benefit Concert with Out Late with Diana Di Gioia;** *Provided with funding from Cape Cod Arts Foundation.* Come dance and celebrate HOW at this local music hub! **At Waydowntown Restaurant, 265 Commercial St, Provincetown**