

Upcoming Events Late Summer & Autumn 2018



- * In Castro Valley - August 15 a free talk @ Faith Lutheran Church
Graydon Room 11am - 12:30pm
Stroke! Prevention, Early Treatment & Recovery

- * In Castro Valley - September 15, Saturday, Castro Valley, 9am - 4pm
Enriching the Wisdom of the Enneagram: Stories, Art, Poetry, Music & Movement
more info and register : www.karenavanzinomd.com

- * In Castro Valley - October 9, 16, 23, 30 CV Adult School, 6:30-8pm
Dreams and the Hidden Power of Sleep
to register: www.cvadultregister.org or 510-886-1000

- * In Pleasant Hill - September 9, 16, 26 & October 3 Emeritus College @ JFK University 1-3pm
Poetry, Personality and the Power to Transform
to register: www.dvc.edu/communityed or phone 925-969-4600

- October TBA daytime Emeritus College @ JFK University 1-3 pm
Dreams and the Hidden Power of Sleep
to register: www.dvc.edu/communityed or phone 925-969-4600