

Celebrating Friendship

Great friendships take patience, understanding and a little bit of hard work. Everybody needs, and wants, friends. Ralph Waldo Emerson said, "The only way to have a friend is to be one." In this class, we will celebrate our friendships and reinforce the steps necessary to make and keep our friends. This class will include fun interactive games and activities as well as group discussion about friendships.

Dates: Thursdays (4/18, 4/25, 5/2, 5/9, 5/16, 5/23)
6 - 7 p.m.

Location: Desloge Outpatient Center, Building A,
Rooms 1-2

Instructors: Courtney Gehrler, LCSW, and Mary Lynn
LeBeau RD

Class size: 18

Cost: \$25

To sign up, please complete the Microsoft Form that was sent via email. Registration is confirmed in the order that the form is completed. Payment is expected no later than the end of the first week of classes. To pay by check, send payment to the address below. To pay with credit card, call 314-576-2300. Email courtney.gehrler@stlukes-stl.com with any questions regarding classes or registration.



Our classes and programs are designed to **INSPIRE:**

Instruction

Nutrition

Safety

Peers Interpersonal Relations

Exercise

If you need to cancel your registration, please let us know within the first week of class.



Decisions to cancel class due to inclement weather will generally be made by 2pm. If this occurs, parents/caregivers and participants will be notified by email. Your safety is our greatest concern.

Albert Pujols

Wellness Center for *Adults* with

Down Syndrome