



The Wellsprings book and DVD will help you to offer a Wellsprings course at your church for women in your community.

Each session includes a brief talk on a topic relevant to women today:

- Rest and Relaxation
- Acceptance and Security
- Worry and Anxiety
- Failure
- Beauty / Self Image
- Healing and Forgiveness
- Influences
- Self Image

and includes a 'pampering' experience in which each participant is offered a professional treatment relevant to the evening's discussion, such as a foot massage or makeover.

The individual talks given by Leesa are available on the included DVD, or can be adapted by a group leader using the notes in the book.

## Wellsprings Publication

Written by Mission

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