

Women's Courses Scheduled

A workshop pointing the way to growth and self fulfillment and another examining changing individual, family, and community patterns of living are among the daytime programs offered area women by the University of California Extension, beginning the second week in January.

"Developing Personal Potential," for women who feel they have unused or misused potential, will meet Mondays, Jan. 8 to March 18, from 12:30 to 3 p.m., at the home of Mr. and Mrs. Edward J. Fredericks, 30843 Cartier Drive, Palos Verdes Peninsula.

Using a variety of planned and positive experiences, trained leaders will guide each participant in uncovering personal strengths as a step toward fully utilizing her abilities and resources. Fee for the ten sessions is \$45.

THE NEEDS and goals of women faced with new and confusing choices will be analyzed in "Changing Life Styles: Woman's Search for Meaning," offered on ten Wednesdays, Jan. 17 to March 20, from 10 a.m. to 12 noon, at the YWCA, Sixth and Pacific, Long Beach.

Adult education specialist Betty Rosenstein will conduct the workshop, utilizing results of her extensive research in the area.

Fee is \$30. Further information is available by writing Mrs. Rosalind K. Loring, P.O. Box 24902, Daytime Programs, University of California Extension, Los Angeles 90024.

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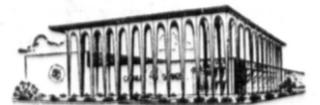
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