



Finding Purpose and Meaning



Brighter Future Health will host a weekly class for those who are working to develop purpose and meaning within their life.

Every Monday from 9:30 - 11:00 AM

First class begins 1/22/2018

Brighter Future Health

9196 Emerald Street

Suite #130

Boise, ID 83704

Please call our Boise Office to sign up 208.323.4400

Program Description:

This 10-week program is designed to help you develop your own purpose and meaning within your life through:

- Developing personal values and learning to incorporate them into your daily life.
- Focusing on mindfulness and learning to be more present and focused.
- Developing/finding personal creativity.
- Discovering your authentic self through learning to be vulnerable.
- Understanding your choices and responsibility.
- Recognizing the importance of giving ourselves to relationships and causes that we believe in.
- Developing/recognizing meaning and purpose in each moment.

Insurance Information:

- Insurance accepted
- Sliding fee
- Medicaid accepted

“There is nothing in the world, I venture to say, that would so effectively help one survive even the worst conditions as the knowledge that there is meaning in one’s life.”

—Victor Frankl—