

**Living from the **Right** List**  
**SC SHARE's**  
**Basic Human Needs Workshop**



There is a list of things we need in order to stay alive.  
There is a list of things we need to **live fully**.  
Which list are you living from?

You know that you need food, water, oxygen, shelter, and a few other things to stay alive.  
Do you know the things that you need in order to live **fully**? Do you know what you need to live a life of **meaning** and **purpose**? Do you now what you need to have healthy **self-esteem** and a sense of **well-being**? In this workshop you will discover your basic human needs, learn what happens when they are met and what happens when they are not, learn the **connection** between your emotions and your basic human needs, and plan **healthy** ways to get them met.

**WEDNESDAY July 9, 2008**  
**10:00 am - 3:00 pm**  
**Cayce United Methodist Church** (small meeting room)  
1600 12<sup>th</sup> Street Cayce, SC 29033

This is **FREE** for those who pre-register!

This is a SC SHARE and SCDMH Peer Support Specialists joint effort.  
CEU hours have been applied for. Pre-registration is required.  
**This is part 2 of the Dressing For Success/Self-esteem workshop!**  
For more information, contact Naomi Brown (803)739-5712 or (800) 832-8032.



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Please mail payment and form to: SC SHARE 427 Meeting St. West Columbia, SC 29169  
Please call to RSVP as soon as possible. (Our fax number : 803-739-8226)

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Name (please print)

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Street

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City

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State

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Zip

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