

equal times

BOSTON'S NEWSPAPER FOR WOMEN

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connection



Beth Galston's "Lightwall" is an environment of shadow and light on display through Sept. 25 at the Kingston Gallery, 129 Kingston St., Boston. Opening reception is Sun., Sept. 11, 5-7pm. Call 423-4113.

A NEW YEAR'S STORY

September 15
Storyteller Li Min Mo and choreographer Nikki Hu combine the power of words and the beauty of fluid motion in a story based on traditional Chinese legend. September 15, 6-7pm at Federal Reserve Theater, near South Station, Boston. \$5. Call 437-0231.

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TURNING POINT

September 1-30

If you are a woman 35 or older who is trying to support herself or a family after a period of financial dependency, Cambridge YWCA's Turning Point program can help. Designed for those women with minimal or no paid work experience, Turning Point will aid you in setting and attaining realistic career goals. 7 Temple St., Central Sq. Call Nancy D'Amato at 491-6050, ext. 14. #167

workshops

SHIATSU WORKSHOP

September 17-18

Learn how to give a basic shiatsu massage. Gain a fundamental understanding of the techniques of shiatsu, the 12 meridian system, and the location of some of the important accupressure points. Sat./Sun., September 17 & 18, 10-4pm. Ananda, Cambridge. Call Barbara Blanchard, 492-3359. #168

WORD PROCESSING

ongoing

Middlesex Community College is offering a word processing training course that takes only two weeks to complete. The 15-hour program accepts 3 students with a minimum typing ability of 45 wpm in each session. Sessions begin every other week: classes meet days or evenings. Burlington Campus, Terrace Hall Ave. Call 275-8910, ext. 295.

EMPLOYEE ALCOHOL ABUSE

September 14

A one-day workshop on Starting Employee Assistance Programs, is offered by Boston Center for Alcohol and Health, September 14, 8:30-4, at Room 226, JFK Building, Government Center, Boston. Cost: \$45 before 9/6, \$60 after. Contact Carol Renaud, 267-8553.

RAINBOW WARRIOR/WOMAN OF LIGHT

begins September 13

We will explore the manifestation of the consciousness of the peaceful warrior through meditation, movement, sound, imagery and hands on healing. Begins Tuesday, Sept. 13, 8pm. For information and registration, call Diane Mariechild, 471-7772.

ART COURSES FOR WOMEN

Ongoing courses and workshops

FEEDING OURSELVES

September 24

Feeding Ourselves, a group pro for people with compulsive eating and weight problems, will be offering a one day workshop on September 24 from 10:30 A.M. to 4:00 P.M. at Harvard University, Harvard Square, Cambridge. A illustrated slide presentation a "fat and thin," discussion of emotional eating, and a demonstration of movement therapy and food awareness techniques will be included. No group sessions will be offered throughout the fall. Call 661-37 for details.

WOMEN'S TECHNICAL INSTITUTE

September 10

If you're interested in a technical career there will be an Open House at the Women's Technical Institute in Boston. You can talk to graduates of electronic and drafting programs that are designed specifically for women, tour the classrooms, meet the instructors and find out if a career as an electronic technician, business machine repairer or technical drafter is right for you. Call 262-2243 or stop by 1255 Boylston Boston Sat., Sept. 10, 10-12:30.

WHY DO WE EAT?

beginning September 14

Explore the varied ways we experience food: mother, lover, enemy, etc.? Do we eat with guilt and old patterns longing to be broken; are we searching for spiritual sustenance? We are offering a 9 week course, starting Sept. 14, designed especially for women who want to begin or continue the life-giving process of defining and learning to accept care for ourselves, to become self

