



Marcy Cole

Professional: A respected psychotherapist and coordinator of *First Tuesday-LA*, and the Founder and Co-chair of the *First Tuesday Giving Circle*.

Her commitment: Marcy is personally driven to ensure that her organization accomplishes its goals. *First Tuesday* is a women's group dedicated to creating and sustaining a sense of community...through social connectivity with like-minded women, professional networking and social service.

Her motivation: In addition to her concern for the personal development of each member, she recognizes that their *Circle of Giving* can help change our community one family at a time.

What they're saying: "The group reflects her warmth, compassion and desire to see women help each other and reach their highest potential."

The Westside is an ideal place to become brighter, wiser, better rounded, more prepared, more spiritual and more satisfied. Go for it!

develop your whole self

The heart: Enhance your ability to communicate with your teens, your spouse.

The soul: Study the Bible, the Koran, the Torah or other spiritual works.

The mind: Become proficient at reducing stress; learn a foreign language.

The body: Discover Pilates; enroll in a fitness boot camp.

The libido: Learn the art of couples massage; plan romantic getaways.

The student: go back to school; enroll on an adult ed class.

The arts: Picture yourself a better a photographer; take up the piano.

The house: Develop as a decorator; learn faux painting.

The garden: Plant a family 'victory garden'; take up canning.

The palate: Conquer the art of international cooking or the nuances of great wine.

The water: Become a safe boater or a better kayaker or a surprisingly good surfer.

The wallet: Put your stock in investment training; master home accounting software.

The clock: Become a better time manager; schedule some daily 'me' time.

The community: Volunteer; give blood regularly; join a community group.