



*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.