

## Männerseminar

### Freundschaft mit mir selbst



Foto: Bredehorn Jens\_pixelio.de

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Du bist mit niemandem mehr zusammen als mit dir selbst. Darum ist auch ein gutes Zusammenleben mit dir selbst für deine Zufriedenheit, deinen Alltag sowie deine sozialen Kontakte wichtig.

Ulrich Czerwanski wird Dir in diesem Seminar zeigen, wie Du die Freundschaft mit dir selbst verbessern oder erreichen kannst.

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### Freundschaft mit mir selbst

**Dieses Seminar beginnt am 16.05.2025 um 18:00 Uhr  
und endet am 18.05.2025 um 13:00 Uhr**

**Der Anmeldeschluss für diese Seminar ist der 16.03.2025**

Es sind noch 6 von 15 Plätzen frei.

Bitte melden Sie sich an.

## **Seminarleitung:**

Ulrich Czerwanski

## **Veranstaltungsort:**

Tagungshotel Höchster Hof  
Mainberg 3-11, Höchst  
65929 Frankfurt-Höchst

## **Internet:**

[www.hoechster-hof.de/contact](http://www.hoechster-hof.de/contact)

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"location\_str" => "Mainberg 3-11, Höchst"

"location\_plz" => "65929"

"location\_ort" => "Frankfurt-Höchst"

"location\_link" => "www.hoechster-hof.de/contact"

"location\_contact" => "Ulrich Czerwanski"

"location\_mail" => "seminare@kreuzbund-dv-limburg.de"

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"author_mail" => "steffen.fachinger@online.de"
"date" => "16.05.2025 18:00–18.05.2025 13:00"
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"begin" => "1747411200"
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#arrData: array:39 [
"id" => 11
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"load" => "lazy"
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]
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this: CgoIt\CalendarExtendedBundle\ModuleEventReader {#1152 ...}
use: {
$Id: 1024
}
}
"hasDetails" => Closure() {#1213
class: "CgoIt\CalendarExtendedBundle\ModuleEventReader"
this: CgoIt\CalendarExtendedBundle\ModuleEventReader {#1152 ...}
use: {
$Id: 1024
}
}
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"mini" => 5
"maxi" => 15
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"curr" => 9
"free" => 6
"info" => "Bitte melden Sie sich an."
]
"getSchemaOrgData" => Closure(): array {#1178}
returnType: "array"
class: "CgoIt\CalendarExtendedBundle\ModuleEventReader"
use: {
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    $objEvent: Contao\CalendarEventsModel {#1166 ...}
}
}
]
```

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