

Reclaiming your power when life knocks you down

# YOU GOT THIS!

## *For Women*



Interactive workshop series exploring seven dimensions of health. New group starting **April 9, 2018** for six weeks.

**Monday evenings  
7:30 to 9:30 pm.**

Registration of \$259 includes all six sessions.

**Exercise your mental health today!**

**[www.yougotthispower.com](http://www.yougotthispower.com)**



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