



DISCOVER THE POWER OF YOU!!

*A girl's night out that
will leave you feeling
amazing.*

*Thursday, October 19th
Taft Public Library
6:45pm-8pm*

- Learn Erin Mahoney's 6
Secrets to Living Your Best Life
- Develop a Positive Daily
Practice - Girl Power 101
- Learn About Triggers & the
Importance of Rest
- Learn How to Give Yourself
Grace and MOVE ON!
- The Power of Goal Setting
- Participate in a Guided
Meditation Relaxation Exercise

6:45pm - Mingle, Light
Appetizers

7:00pm - 8:00 pm - Workshop
and Relaxation Practice

*Learn how to live your best life
now!*

This is Girl Power for grown ups!

Registration is appreciated.

