



## Youth Empowerment: Create the Life You Want!

Feel good being you.

This workshop is for youth (ages 15-25) interested in honest dialogue, story-telling and inspirational learning to foster personal development. Together, we will explore questions such as...

- How can I create healthier relationships with others and myself?
- How do I embrace and learn from all my experiences, both pleasant and unpleasant?
- How can I turn-around limiting ways of thinking?
- How can I let go of anxiety and trust?
- How can I live with greater confidence and joy?

Empowerment = Discovering and living what is personally meaningful

Connect with your courage to be and do your best.

Uplift and nurture your well-being.

- What:** A workshop designed to empower, inspire and connect young adults
- Facilitator:** Elizabeth Soltis, a certified empowerment life coach
- When:** Saturday, February 11<sup>th</sup>, 2017 \* 10 am – 1 pm
- Where:** Saat Lune Yoga Studio, 2965 Hamilton Road, Bright's Grove
- Fee:** \$50 \* includes refreshments and handouts

Pre-registered payment required. Call the studio at 519 381-6169 to reserve your seat.

*"Deepening respect for self and others is a life-long journey and the key to happiness."*