



Building Your Best... You!

Women Empowerment Workshop

Building a good life is like building a house. It is similar in the sense that the steps to building a house are the same as those used to build

Your Best You!



In this workshop, you will acquire a toolbox to...

- Increase self-esteem
- Discover your personal power
- Move toward healthy habits
- Develop boundary setting, without the guilt
- Make beneficial choices, regardless of circumstances

Join us for this 8-week empowerment workshop as we use the analogy of building a strong home to build the best you. Come along on this interactive journey to empower us to be the best we can be!

Facilitators: Yolanda (NAMI Intern, in the Counseling Program at Northwestern & a Kung-Fu Instructor) and Nancy (Certified Life Coach and Author of "Lessons from the Ledge")

Appropriate for women 18+ ages and limited to 16 participants

ALERT: Physical exercises including mindful movement & self-defense (light Kung-Fu)

Thursday evenings

January 23rd – March 12th

6:30 – 8:00 pm

NAMI McHenry County
620 Dakota Street
Crystal Lake, IL
(Front building, Conf. Room B/C)

REGISTRATION OPEN ~ LIMITED TO 16 ~ SIGN UP TODAY

Register: Contact Phyllis: pseyler@namimchenrycounty.org

Got Questions? Call 815.308.0851