

Self Care Mastery Workshop

*An Energetic Day of Honoring,
Self-Nurturing and Self-Love*

Saturday, October 12, 2019

**10:00 am – 4:00 pm
Participation: \$97**

555 Eleventh Street, NW, Washington, DC 20005

Metro accessible: Metro Center
(Btwn. E & F Streets, Exit at 11th St. towards E St.)
Garage Parking Available: \$16
Light Snacks Provided

Facilitated by Cynthia James



Speaker + Author + Facilitator + Transformational Coach

You will learn how to empower yourself to:

- ❖ *Choose you first* ❖
- ❖ *Be 100% responsible for your choices* ❖
- ❖ *Constitute a lifestyle change* ❖
- ❖ *Pause to shift* ❖

Hosted by:

*Michele Tyson (619) 278-8715 &
Stephanie Williams (301) 356-2497*

Tickets at Eventbrite

<https://www.eventbrite.com/e/self-care-mastery-workshop-tickets-67790528295>

