



Fill Your Cup

♥ WOMEN'S GROUP ♥

Time for *you*. Time to *connect*. Time to *thrive*.

SEPTEMBER 10TH

Ladies, we're heading to
GEORGIAN MALL!

✓ Make sure to bring *lunch money*
and money for *shopping* if you'd like!



TRANSPORTATION
PROVIDED



PLEASE REGISTER
AHEAD OF THE TIME
We will be leaving
the club at **11AM.**



705-526-1305
EXT. 1228



**SEPTEMBER
24TH**

We will be having our
FALL SELF-CARE DAY!

Embrace the Season Change



1PM - 3PM IN THE CLUB



Please *sign up* to ensure
we have enough supplies!



TRANSPORTATION
PROVIDED



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Take care of you,
you deserve it!



REGISTER TODAY - SPACE IS LIMITED! 

♥ Stronger together. Supporting each other. Filling our cups! ♥

