

# WISE WOMEN WAYS

## Self-Care Weekend Workshop for the Modern Woman



No time to be your own best friend  
Need some survival skills  
Not able to give from a place of plenty

Come to an interactive, fun workshop  
and find out what's stopping you living your best life

**Date:** Saturday 26<sup>th</sup> & Sunday 27<sup>th</sup> May

**Time:** 10.00 - 4.00

**Venue:** Glyde-In Community Hall, George St, East Fremantle

light refreshments & lunch included- vegan option available

**Contact Wise Woman Ways today**

**Lisa 0425030990**

**&**

**Ella 0401553534**

*Instinctive living*  
professional counselling, naturally



MindSoul Counselling  
Bring change to your life