

Taking Off the Cape

The stress of being Superwoman – taking care of everything and everyone – can really affect our overall health and wellbeing.

Come and join us for this **FREE** session, as we learn how to take off our capes through the practice of self-care.

Wednesday January 30, 2019

5:30–7:00pm

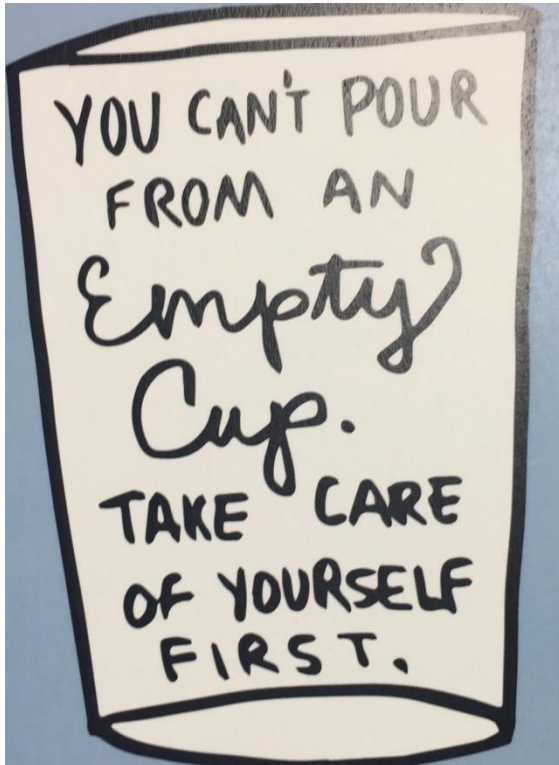
**Ferguson Community Empowerment Center
9240 W Florissant Ave.
St. Louis, MO 63136**

Refreshments and a special treat will be provided to all attendees! *Registration is required.*

To register, contact:

Kelly McGowan, WEDO Wellness Coordinator
(314) 521-1822, Ext. 37

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