



Register by calling 403-329-0088
or email dsim@ywcalethbridge.org
Registration: \$5.00 (includes GST)
Register by Wednesday prior to the session

Women Empowering Women

Get away for a fabulous lunch hour (12:05-12:50) to enrich your mind and have fun!

- **Brown bag lunch**
 - **Network**
- **Learn from other women in the community**
- *Every third Friday of the month, the YWCA is providing an opportunity for women to empower other women through educational discussions and hands on projects*

Upcoming Schedule

January 20

Solving Debt with Connie-Marie Riedlhuber

February 17

Eating Natural Foods with Cindy Hubka

March 16

Developing a Healthy Relationship with your child(ren)

April 20

Fashion Sense

May 18

Gardening with Kirsten Hironaka

Phone: 403-329-0088

604 8th Street South, Lethbridge, AB T1J 2K1