

# YOU'RE INVITED

## *To A Women's Empowerment Group*

Women R.I.S.E. (Reinforce and Increase Women's Strength Through Empowerment) is an inspirational group for women of all ages and backgrounds. The group offers a safe haven to share and learn about the journey to self-awareness, the stages of inner healing, discovering independence, and owning your womanhood. Women R.I.S.E. is an open group and covers women's everyday life challenges, including health and wellness, mental health, and setting healthy boundaries in relationships and in life.

*Women*

**R**  **SE**<sup>TM</sup>

  
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