



Health  
Works for  
Cornwall

# Empowering Women: Free to be me! Workshop



Dates: 22 Sept, 29 Sept, 6 Oct  
Time: 10.30am - 12

This **FREE** online inspirational workshop will take you on a journey of self-discovery.

Open up your heart's desire, and move forward with the freedom and confidence to be **YOU**.

An uplifting experience awaits you, led by Julie Thompson who delivers these sessions with passion, warmth and joy!

To book your **FREE** place, please email [HWC@pluss.org.uk](mailto:HWC@pluss.org.uk) or call **07546 412325 / 07751 095395**

Please book early as places are limited (up to 12 per workshop)



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