

**GET EMPOWERED,  
GET ENGAGED, GET GOING!**

**JOIN OUR NEW  
PERSONAL  
GROWTH  
LIFESTYLE CLUB**



*Empowering, educating, and energizing women residents to enjoy a happy, healthy, productive lifestyle.*

**We meet the 1st Monday of the month,  
500 - 630pm**

**at Rohan Recreation Center.**

**\*Villages Resident ID Required**

Meetings are free and do not require RSVP.

**Co-Facilitators: Nancy Stampahar & Mary Ellen Shea**

***YOU GOT THIS!***

Email us at: **EmpowerYourPowerClub@gmail.com**

**CHECK US OUT AT:  
www.EmpowerYourPowerClub.com**