



- ◇ **FREE** to all women in Barry County...
- ◇ **FREE** transportation available!
- ◇ **FREE** childcare

**WHAT: THE WOMEN'S PLACE
Empowerment Group**

**WHEN: 1st, 2nd, 4th, and 5th Thursdays of
the month at 10 a.m.– 12 p.m.**

**WHERE: Emmanuel Episcopal Church
315 W. Center St.**

THE WOMEN'S PLACE

Women Helping Women



Do you feel like you are always doing for others and never do anything positive in your own personal life?

This is your **INVITATION** to visit the "Women's Place".
Come check us out—it doesn't cost anything; you have nothing to lose!
You will gain new friends, fresh ideas and a smile!

Please call ahead for an orientation appointment.

"THE WOMEN'S PLACE" is... EMPOWERMENT

**Learn about your community resources
Do something nice for yourself for a change**

POSSIBLE TOPICS OF DISCUSSION/EVENTS:

**Women's Health Issues
Healthy Relationships**

**Stress Management
Yoga/Relaxation**

**Nutrition
Gardening**

Crafting

Community Resources

Field Trips

Want to know more? Thinking of joining Women's Place? If you have questions or want to schedule an orientation appointment, please call Hilary or Therese @ (269) 945-1387 or Toll-Free 1.877.489.9084