

# *Women's Empowerment Group*

*with Debi Silber*

*Author of the Amazon #1 Best Selling Book:  
"The Unshakable Woman: 4 Steps to Rebuilding  
Your Body, Mind & Life after a Life Crisis"*

*Keynote speaker for the 10<sup>th</sup> annual Women's Conference and Expo!*

*Wednesday, April 11<sup>th</sup>, 2018*

*6:00 pm - 7:30 pm*

*Brookhaven Town Hall Media Room- 2<sup>nd</sup> Floor  
One Independence Hill, Farmingville, NY 11738*

*Advanced Registration Required!*

*\* please call 631-451-6146 or email [womenservices@brookhavenny.gov](mailto:womenservices@brookhavenny.gov) to register\**

## *Join us for an evening of empowerment!*

Women are so capable and great at giving, sometimes to a fault. Often, they'll sacrifice their own self-care and wellbeing if it means helping another. This meeting is meant to give you a place to refuel, replenish and fill your hearts and minds with strength, healing, and joy. A safe, non-judgmental space to connect with a community of like-minded women with the intention of giving support, friendship and finding fulfillment.

*When a woman is physically, mentally and emotionally strong, there's no force more powerful and when she is empowered, she can create a life she loves.*



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