



LIFE EMPOWERMENT  
SERVICES

Heal. Empower. Restore.

# *Not Super* JUST WOMAN

*a group experience for women of color*

- ✓ Understand the emotional & physical impact mental health has on women
- ✓ Develop skills for emotional wellness
- ✓ Develop a sense of self that matters outside of everyday roles

FACILITATOR:

**BRYNN CRAWFORD**

**MONDAYS  
12:00PM – 1:00PM**

**Virtual Starting  
April 3, 2023**

COST

**\$95**

*includes 5 group sessions  
and a free gift*

**REGISTER TODAY**  **678-304-8215**

[www.LifeEservices.com](http://www.LifeEservices.com)

