



UPCOMING FREE DISCUSSION SERIES
WITH MINDFULNESS COACH AND YOGA INSTRUCTOR
ESTHER WYSS-FLAMM PHD

RISE UP STRONG: MIND-BODY LEADERSHIP FOR WOMEN

APRIL 2019

MOUNT AIRY/AMBLER/CHESNUT HILL

Chestnut Hill: Sunday, April 14, 4:30 – 5:30 pm
Healing Arts Studio, 15 W. Highland Ave.
More info at: www.healingartsphilly.com

Mt. Airy: Thursday, April 18, 6:30 – 7:30 pm
Nexus, Co-Working Space, 520 Carpenter Lane
Register at: www.weaversway.coop/event/mind-body-leadership-women

Downtown Ambler: Tuesday, April 23, 6:30 – 7:30 pm
The Lucky Well (Back Room), 111 E Butler Ave
Register at:
www.weaversway.coop/event/weavers-way-workshop-mind-body-leadership-women