



REFLECT

RESTORE

RENEW

WomenWhoRock.Club

A gathering that provides women with a place to enrich and nurture the heart, spirit, and soul.

Each month, a different aspect of our creative human journey will be explored through a teaching, guided meditation, reflective questions, and group discussion.

Sessions are held one Friday each month from September – May, from 4p – 5:30p at Lakeland University, Honey Creek Corporate Center, 9000 Chester St., Milwaukee, WI 53214.

Reserve the dates:

9/16

10/14

11/11

12/9

1/13

2/10

3/10

4/14

5/12

Topic (Subject to Change)

Potential

Self-Esteem

Resistance

Intention

Vision

Success

Heart Intelligence

Boundaries

Health

Women are encouraged to dress casually, bring a blanket and pillow for the guided meditation, a notepad, and refreshments. Food will not be provided.

To register for this FREE program, please go to [WomenWhoRock.Club/IROCK](https://www.womenwhorock.club/IROCK)

Questions? Contact Christine McMahon at cm@WomenWhoRock.Club or P: 414.651.6877