



Find Your Inner Voice (silence the lies)

Many struggle with self-image after believing the negative comments and opinions of others. Learn how to motivate, uplift, and build yourself up through the exercises that will help silence the echoes of negative self-talk.

**As You Think
So Shall You
Be.**

**Join our workshop every other
Wednesday from 6:30-7:30pm
held at**

**The Women's Center of Columbia
& Montour Counties.**

Call for more info, or to sign up!

570-784-6631