



## WALK IT OUT

AN ORGANISATION PASSIONATE ABOUT ENHANCING THE VOICE OF THE COMMUNITY. PROVIDING WORKSHOPS TAILORED TO BUILD CONFIDENCE AND IMPROVE HEALTH AND WELL-BEING.

OUR GOAL IS TO EMPOWER ALL!

FOR AGES 16 YEARS AND ABOVE

**FREE!**



### EMPOWER HOUR WITH APRIL MEHMET

TEACHES YOU HOW TO PROTECT YOURSELF EMOTIONALLY AND PHYSICALLY DURING EVERY DAY LIFE.

MARCH 2024

- MONDAY 4TH

RECOGNISING POTENTIAL DANGERS

- TUESDAY 5TH

UNDERSTANDING BOUNDARIES

- WEDNESDAY 6TH

HEALTHY RELATIONSHIPS

- THURSDAY 7TH

POSITIVE THINKING

SELF AWARENESS

AT 8PM

ONLINE

WORKSHOP



THE BEST PROJECT YOU'LL EVER WORK ON IS YOU!

**LIVE WEBINAR**

BOOK YOUR FREE PLACE BY TEXTING YOUR FULL NAME

07437517177



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