

You are Invited to ...

The Woman's Self-Care Café  
Self-Care for the Care-  
Giver in You



Healthy Balance Yoga Studio  
104 Palmer Street Tryon, NC

Come join us at **Healthy Balance Yoga Studio** for an indulgent evening just for you! It will be a relaxing evening of fun, wonderful women, and inspiring and practical tips for taking better care of you!

You will be served a self-care buffet of

- ◆ **Gentle yoga**—designed for both beginners and experienced folks
- ◆ Light, nutritious **refreshments**
- ◆ **A Self-Care Gift Bag**— filled with goodies to pamper and inspire you
- ◆ Time in a Coaching Circle to explore **practical ways you can take great care of yourself while being a great care-giver**

Imagine sloooowing down, breathing deeply, and taking this time just for you!

**Date: Tuesday** February 26th

**Time:** 6:00pm to 8:30pm

**Pre-Registration required** by Feb 19th

**Your Self-Care Investment:** \$30.00

\* Registration after 2/19 will be \$40

Register by calling  
Beverly at 817-1064  
or Corrie at 859-  
9578 or via email to  
corrie@

