



# GENDER-BASED VIOLENCE PREVENTION WOMEN WELLNESS WORKSHOPS

Join our inspiring, exciting 4-week Women Wellness Workshops! These wellness workshops will focus on motivating and building resilience in women as they overcome gender-based violence.

**September 9 - 7:00pm**

**September 16 - 7:00pm**

**September 23 - 7:00pm**

**September 25 - 11:00am**

Connect to Self through Cooking

(Re) Discover your Self-worth and Value

Reducing Stress and Restoring Wellness

The Role of Fitness in Healing



**Chef**  
Amanda Hamer



**Talk Show Host**  
Karen Carrington



**Fitness Coach**  
Nathalie Lewis Maxwell

**Click event title to join us on Zoom**

For more information call 647-812-8545



**Funded through the Safer + Stronger: Emergency COVID-19 Grant**