

Attention

Single Working Moms

Women Achieving New Directions Presents:

Feel The Fear
DO IT ANYWAY!

Guest speaker: Nancy Ellis, MA, is a mental health practitioner and a former WAND participant. She will give you practical tools to relieve stress, avoid illness and restore balance so you can ACHIEVE YOUR GOALS!

2143 Lowry Ave. N.,
Minneapolis, MN

May 19, 2011
6:00-8:00 pm

You **MUST RSVP** for dinner & on-site childcare.

RESOURCE 
Employment Action Center

RSVP with Pat @
612-752-8554

