



Children are welcome but must be supervised at all times

There will be light refreshments and time to socialise with other participants

Empower would like you join us in celebrating International Women's Day with a morning full of relaxation and fun.

The event will start with a Laughter Yoga session which will help to bring out our inner child and let go of daily life stressors.

Followed by a sharing circle, focused on emotional wellbeing where you will practice some body and mind exercises.

There will also be an opportunity to find out about the services offered by Empower.

When:

8th March 2023

Where:

**Mulhuddart
Community Centre**

Time:

11 am - 1 pm



**Comhairle Contae
Fhine Gall
Fingal County
Council**



Cómhaoinithe ag an
Aontas Eorpach
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**Rialtas na hÉireann
Government of Ireland**

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