

STEPFORWARD

"UNLEASH
YOUR INNER
POWER"



"INFORMAL
INFORMATIVE
EVENTS AT
THE CRESCENT
CLUB THIS
SPRING/SUMMER"

FOUNDER KAREN LEE INVITES YOU
TO JOIN US FOR A MORNING OF DISCUSSION,
DEBATE, SUPPORT & A MINDFULNESS EXPERIENCE

ON A QUEST TO ENCOURAGE & EMPOWER NORTH EAST WOMEN TO STEPFORWARD



THE CULLERCOATS CRESCENT CLUB
FRIDAY 28 JUNE 2019 - 10:00

IN PARTNERSHIP WITH



DR MAURICE DUFFY
'UNLEASH YOUR INNER POWER'
MAURICE IS CITED AS ONE OF THE TOP
INTERNATIONAL PERFORMANCE AND MINDSET COACHES.
"COOL, INTELLIGENT AND INSPIRATIONAL"
ROUND THE WORLD YACHTSWOMAN



JOIN US EVERY MONTH FOR A NEW INSPIRATIONAL SPEAKER OR PROGRAMME



FEED YOUR MIND



FEED YOUR SPIRIT