

EMPOWERING Women

NOVEMBER 10th
1:00 - 5:00 PM

THE BETTER LIFE MOVEMENT

Register by November 1st for a FREE event shirt!

\$25

Pound
Yoga
Body Rock
Tabata
Zumba

This isn't a feminist rally.
This isn't hatred toward men.
This is inspiration.
This is encouragement.
This is extending past what you currently know as limitations.
This is living our best life.

Let's Live Life Better.

- 🌸 Self Worth Awareness
- 🌸 Guest Speakers
- 🌸 Wellness Raffle Table
- 🌸 Fitness Demo Classes
- 🌸 Atmosphere of Inspiration

Register Online or Print Paper Registration!
www.danceatsteps.com
ONLINE: Click Rec 2018-2019 Tab
Family /Student Name will be same.
You can register Vernon OR Seymour portal.

WOMEN

YOU CAN'T MISS THIS!
114 W Second Street
Seymour, IN 47274

PosterMyWall.com

GUEST SPEAKERS

- Chad Malone – Do You Want To Write A Better Story?
 - Kelley Gillaspy – The Power of YOU
 - Sarah Arnold – A Positive Mind Gives A Positive Life
 - Chelsea Burrell – You are limitless; Start Acting Like It
- **not specific order****

FITNESS DEMO CLASSES

- Maribel Enrique – Zumba
- Holly Corn – Tabata
- Michelle Lee – Pound
- Kelley Gillaspy – Yoga
- Katrina Hardwick – Body Rock

RAFFLE TABLE

50% of proceeds from our product raffle table will go to local charity chosen by leadership of event.

Get registered, ladies!
You do NOT want to miss this!

READY TO BE INSPIRED, FEEL EMPOWERED, AND WORK ON LIVING THE BEST LIFE!

Name: _____ Age: _____

Address: _____

Phone: _____ Email: _____

\$25 _____ Shirt Size (by 11/1) _____ Date reg _____ Pd _____ Received Initials _____

Please note that if you register after November 1st, you will not receive the FREE t-shirt.