

WOMEN OF WISDOM PRESENTS

# I CHOOSE JOY

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Saturday, June 14th  
9:30 AM - 12 PM

Facilitated by Susan Hahn & Gail Parker

☀️ Ready to lift your spirits  
and refresh your soul? ☀️

Join us for affirming  
that joy supports the  
soul. We will explore  
simple, playful ways  
to choose joy every  
day — think colorful  
meditations,  
uplifting  
affirmations,  
laughing yoga, and  
more.

Come as you are.  
Leave lighter,  
brighter, and filled  
with joy.

Hospitality: Colleen Kilpatrick  
Leadership: Deb Willett

**Let's practice joy—together!**

