

Where can we reach you?

Last Name: _____

First Name: _____

Address: _____

City: _____

Province: _____

Postal Code: _____

Phone #: _____

Email: _____

Refreshing every
woman's spirit,
that she may truly
be whom she was
created to be!

To book your
free
consultation,
please contact:

**sojourn
wellness group**

150 - 150 Chippewa Rd
Sherwood Park, AB

T8A6A2
(780) 449-1196
info@sojo.ca



sojourn
women



Celebrating the
Experience of
Being a Woman!

What is sojourn women?

sojourn women

is a six-month self-discovery program.

sojourn women

encourages personal growth!

sojourn women

provides an environment of sharing and supporting!

sojourn women

is a journey to discover a life of joy and hope!

Program includes:

- * 6 half-day workshops
- * 6 individual sessions
- * Growth and reflection exercises
- * Ongoing care and encouragement, gifts & spa experience.
- * Books and materials

What will we do?

Workshop topics include:

- * **Personality**
- * **A Balanced Life**
- * **Dealing with Stress**
- * **Living with Purpose**
- * **Letting Go...
Inviting In...**
- * **Forgiveness of Self and Others**
- * **Relationships**
- * **Boundaries**
- * **Courage To Be**
- * **Spa Day**

Celebrate the shared experience of being a woman

Reminding women how to live with:

- * **Integrity**
- * **A Positive Spirit**
- * **Hope**
- * **Fulfillment**
- * **Purpose**
- * **Fellowship**
- * **and Enjoyment**

