

Woman Empowerment



Increasing the strength of a Woman
Socially, Economically, Emotionally

**American Association of Retired Asian
Invites you to join**

WOMEN'S EMPOWERMENT GROUP

A Social Support Group

where women get together, socialize and get connected

Last Friday of the Month

2:00 – 4:00 PM



This Month
April 28, 2017

LONLINESS

380S. Schmale Rd., Suite 204

Carol Stream, IL 60188

Naveeda Athar 630- 842-2729 , 630-803-8130



BE YOURSELF
ACCEPT YOURSELF
VALUE YOURSELF
FORGIVE YOURSELF
BLESS YOURSELF
EXPRESS YOURSELF
TRUST YOURSELF
LOVE YOURSELF
EMPOWER YOURSELF