



# Calendar of meet-ups :

Jan 5-12pm- Monday Nooners, bring journals.

Jan 9- 1 pm- Friday EMPOWER-Hour. Set your weekend intentions! NEW Meet-up!!!!

Jan 12- 12pm- Monday Nooners , bring journals.

Jan 13-6:30pm NEW Meet-up!!!!

Jan 16- 1pm Empower Hour

Jan 19-12 pm- Monday Nooners , bring journals.

Jan 20-6:30pm- Meet-up

Jan 23- 1pm Empower Hour

Jan 26- 12 pm- Monday Nooners , bring journals.

Jan 27-6:30pm- Meet-up

Jan 30- 1pm Empower Hour

## Located in Lighthouse Point FL

\*Sign up online, or send a message.  
Women only, \$20 each per session.