



## Informal monthly evening workshops for women, relax and enjoy, whilst supporting and growing together!

Increase your confidence and feel more empowered...

Invest in your personal development and well-being, whilst enjoying a glass of fizz (tea and coffee also provided) and learning new techniques and take away tools to help you better manage your day-to-day life!

# FIZZ & FLOURISH EVENINGS

[www.iyt-coaching.co.uk/flourish](http://www.iyt-coaching.co.uk/flourish)

### Thursday Evenings:

5 March    25 June  
23 April    23 July  
14 May    20 August

6.00 pm to 7.30 pm

Lymm Business Centre  
Lymm Library Annexe  
Davies Way  
Lymm  
WA13 0QW

£25 if booked direct  
(£27 Eventbrite)

or £68 if paid upfront for 3 sessions  
- £14 saving on retail price!

Come on your own and receive a lovely warm welcome or with your friend, mum, sister or daughter - a friendly social environment - with a great twist!

Parking on site and just 2 minutes walk to the bars and restaurants of Lymm village if you would like to continue your socialising afterwards...

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