

Creating
Healthy
Communities

The
RIPPLE EFFECT
Wellness Organization

PRESENTS A SYMPOSIUM

Empowering Women, Embracing Hope!

Sunday, October 20th, 2019 • 11:00 am - 3:00 pm

Sagan Banquet Hall

7180 Edwards Blvd., Mississauga L5S 1Z1 (Derry Rd. & Hurontario St.)

TREWO presents two inspiring speakers:



Dr. Natasha Sharma

The Secrets To Living Your Happiest Life Ever

Dr. Natasha Sharma talks about the top 5 things you can start doing immediately to lead better, happier and more fulfilling lives, with tools and strategies to help get you started right away. With her decade long experience as a therapist, she has vast insight in helping others and is an expert in emotional health.

Dr. Natasha is the Creator of *The Kindness Journal*, founder and owner of NKS Therapy - a private psychology and therapy practice in Toronto, and a TV/Media Personality. She is a leading authority on the psychology of relationships, parenting, and happiness. www.natashasharma.com



Miguel Martinez

Managing Stress With A Smile

In this engaging, interactive workshop with life coach Miguel Martinez, we will look at understanding stress and whether men and women are wired differently in coping with it. Miguel shows you ways to deal with life's stresses through music, dance and laughter!

Miguel Martinez is the president of MTC life and is passionate about helping people live their best life by mentoring them in achieving their goals. He is committed to bringing lifelong mental and physical health to his clients through fitness, music, dance and much laughter. www.mtclife.com

TICKETS: \$15 (Limited Seating, Reserve Your Seats Now)

Reserve tickets by emailing smitachandra@trewo.org

This event has been made possible by a generous subsidy from

The Ripple Effect Wellness Organization www.trewo.org

- A Lively Question and Answer Session with Our Speakers And Our Guests!
- Delicious Buffet Lunch Included • Raffle Prizes