

PROJECT HORSE EMPOWERMENT CENTER



Women's Wellness

Join us to have some fun and explore topics that impact our lives!

- Supportive and honest discussions about topics that are important to women
- Hands-on, experiential activities with horses that will help us identify challenges and explore possible solutions
- Non-riding interactions with horses provide a safe environment where horses teach us about empathy, teamwork and creative problem solving
- Relax and have some fun with other women and our amazing horses!
- Attend one workshop or attend them all

We kindly request that you register in advance on our website.

**You are
welcomed here**

**Are you thriving or
surviving?**

**Saturday Sept 15
2:00pm-4:00pm**

**Exploring
Boundaries...how you
know you have them!**

**Saturday Nov 17
2:00pm-4:00pm**

**Communication...it's more
than words!**

**Saturday Dec 22
2:00pm-4:00pm**

**Only \$85
per workshop!**

**FOR DETAILS &
ONLINE
REGISTRATION**

**www.projecthorse.org
Tel. 703-517-6964**

**18915 Lincoln Road
Purcellville, VA**