

PROJECT HORSE EMPOWERMENT CENTER



MOMS ON A MISSION TO STRIKE BALANCE

- ✓ Ever feel like parenting is all you do?
- ✓ Do you feel guilty taking time for yourself?
- ✓ Do you focus exclusively on your kids needs?

Experience the support of others!

Join with other like-minded moms who are raising children in a region where competition and pressure are high. Explore how to retain or regain a sense of self. Allow horses to help you in finding that balance.

Experience how they challenge us to be our very best selves... which means taking care of **ourselves** as well as our children!

Horses honoring
moms!

It's your lucky day!



March 17



9:30am-1:30pm

Embark on a journey
to find balance and
peace in your role as
mom. And let our
horses help you do it!

Project Horse
18915 Lincoln Road
Purcellville, VA 20132

Workshop fee \$99

FOR DETAILS AND REGISTRATION

www.projecthorse.org

Tel. 703-517-6964

We are a 501(c)3 nonprofit.