

[Invitation to Wellness through Self-Expression](#)



Shannah Wozniak



Noreen Sumpter

Hello Friends,

We are sending this invitation because we are really excited to share our upcoming workshop. We have created and are in the process of refining a program, which is tentatively called 'Wellness Through Full Self Expression'.

We are looking for a few people that would like to help us. We are looking for people who:

- are interested in expanding themselves in various areas of life.
- have certain goals and ideas yet to fulfill on.
- are fearful that you will never have what you truly want.
- are holding onto stories that no longer serve or represent who you are.
- are experiencing shame or embarrassment and taking no or minimal action.
- have real challenges around identity and the purpose of it.
- have noticed and know that there is a gap between identity and self.
- want to bring identity and self together for balance.

If you are interested please contact us at the email below before February 21st

If you choose to participate and are selected, we will require you to commit to series of four (4) 90 minutes weekly webinars to experience the most for yourself and for us to provide the best of ourselves. Call in number 917 336 3507

The webinars will take place every Tuesday for four (4) weeks at 7 pm EST on the following dates:

Tuesday, February 24, 2015

Tuesday, March 3, 2015

Tuesday, March 10, 2015

Tuesday, March 17, 2015

Please email wellnessselfexpression@gmail.com.

Thank you for your interest and you'll hear back from us within 48 hrs.

Shannah Wozniak and Noreen Sumpter