

The Best of ME!

a self improvement workshop for girls 13 years + on the spectrum to build confidence and self esteem.



Learn:

Tips for introducing yourself, speaking clearly and meeting new people

Explore:

Face shapes and hairstyles

Build Confidence:

Posture techniques for walking, sitting, going up and down stairs

Discover:

Wardrobe styles and colors for your body shape and complexion type

Uncover:

Skincare and simple makeup suggestions for you

Saturday December 6th 2014

10:00am - 3:00pm

Where: The Ability Hub

REGISTER NOW!

BEFORE DEC 3rd with John Seigner:

jseigner@theabilityhub.org/403 681 4503



THE ABILITY HUB

3rd Floor, 3820 – 24th Avenue NW
Phone: 403.210.5000

