

\$40

EMOTIONAL WELLNESS

COMMUNITY WORKSHOP



IN JUST THREE HOURS YOU'LL LEARN:

HOW YOUR EMOTIONAL ENERGY FUELS YOUR MOTIVATION FOR EVERYTHING...AND IT'S A FINITE RESOURCE!

HOW TO BUDGET YOUR EMOTIONAL ENERGY SO YOU'RE GETTING WHAT YOU WANT FROM LIFE.

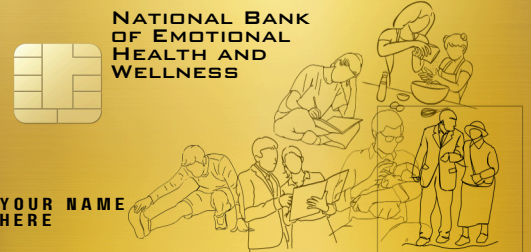
HOW TO GET OUT OF EMOTIONAL DEBT (EMOTIONAL BAGGAGE)

HOW TO FILL YOUR EMOTIONAL ENERGY BANK ACCOUNT!

\$40 will get you an immediate boost of feel-good energy to get you started, skills to last a lifetime, interactive packets, and **SNACKS!**



EMOTIONAL ENERGY BANK CARD



Your emotional energy is the currency you use to get the things in life you want.



Friday, MAY 9th

**CAPITOL ROOM AT THE WITHNELL FAMILY YMCA
SALEM, OR**

9:00am - 12 pm

get your tickets here:

<https://www.vashtishouse.com/communityworkshops>



FACILITATED BY: VASHTI YOUNG **VASHTI'S HOUSE**
FLOURISH-EXPERIENCED PROFESSIONAL SUPPORT SERVICES



flourish@vashtishouse.com



504-400-5678