

MONDAY
FEBRUARY 19TH
TWO THOUSAND 18

Flowers IN THE ATTIC

1ST ANNUAL WORKSHOP



TINA ROGERS
FOUNDER/CEO OF BUTTERFLYEFFECTS
*VISIONARY, YOUTH MENTOR, FAMILY
AND SUCCESS COACH,
MOTIVATIONAL/INSPIRATIONAL COACH

PLANTING SEEDS FOR BLOOMING LADIES | AGES: 13-18

CHRISTAMORE HOUSE FAMILY AND COMMUNITY CENTER

502 N TREMONT ST, INDIANAPOLIS, IN 46222
TIME: 8:00 AM UNTIL 4:00 PM LUNCH WILL BE PROVIDED

CLASSES FOR THE DAY

- SELF-SUFFICIENT: YOU'VE GOT THIS
- RELATIONSHIP BUILDING: HAPPINESS STARTS WITH YOU
- SELF-ESTEEM: ME, MYSELF, AND I
- MOTIVATIONAL CONVERSATION
- YOGA (STRETCHING AND RELAXATION TECHNIQUES): MIND, BODY, AND SPIRITS.
- PAINTING: LOOK ON THE BRIGHT SIDE



JAMIE ROGERS MSW, LCSW
*HEALTH PROMOTION AND
PREVENTION EDUCATOR
*INDIVIDUAL AND GROUP COUNSELING



MARIAH CHRISTOPHER
*BACHELOR OF SCIENCE IN EXERCISE
*CERTIFIED PERSONAL TRAINER THROUGH
THE NATIONAL ACADEMY OF SPORTS MEDICINE
*YOGA TEACHER



YALONDA BROWN
*MASTER OF SCIENCE IN
ORGANIZATIONAL LEADERSHIP
*AUTHOR, SPEAKER, CONSULTANT,
YOUTH ADVOCATE



KEISHA WALTON
*KIDDIE KANVAS PAINTING,
OWNER/OPERATOR

WWW.BUTTERFLYEFFECTS.LIFE | ADMISSION IS FREE
*BREAKFAST, LUNCH AND SNACKS WILL BE PROVIDED
REGISTRATION DATE: NOVEMBER 1ST- FEBRUARY 1ST

