

the

# real you

CONNECTING WOMEN IN TRUTH

**no excuses!**

ACKNOWLEDGE  
YOUR TRUE FEELINGS

**I'M A WOMAN**  
and I'll cry if I want to!

"SEARCH ME, O GOD  
& KNOW MY HEART"  
**october 4<sup>th</sup>**

WHEN: Thursday, **October 4th** @ 7pm

WHERE: West Ridge Church Clubhouse Theater

COST: **Free**, Childcare \$3/child @ Praiseland

**BALANCE IT ALL**  
body, soul, spirit

{The Real You is Emotional} **Speaker:** Janie Niswonger  
Stressed, elated, frustrated, angry, calm. God created you with emotions and that's a good thing! Discover the purpose of your God-given emotions and learn how to balance them with the truth of God's word. Childcare available. Coffee will be served.