

**REGISTER NOW!**

**empowermentstartshere@gmail.com**

**TEXT: 905-371-3818**

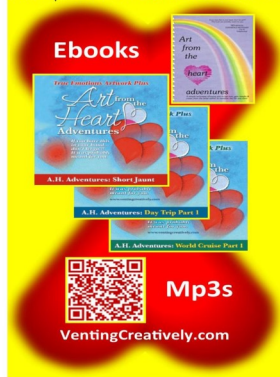
# **Join Us for an Day of Insight & Laughter!**

**ONLY 4 Spots for This One!!!**

**JOIN US FOR THIS INSIGHTFUL DAY!**

## *Art from the Heart Adventure*

Art from the Heart Adventures



NO Artistic Experience or Talent Necessary!!!

**4416 MORRISON STREET  
Niagara Falls, On. Canada**

**SUNDAY OCTOBER 11**

**10:00am—2:00pm**

**\$35.00 \*Bring eat as you go lunch**

**REGISTER & PAY in ADVANCE**

**MAXIMUM 4 Spots for EACH Workshop!**

**Send Bank Transfers or Paypal Payments to  
empowermentstartshere@gmail.com**

**What is...**

### **An Art from the Heart Adventure?**

It is an active meditation journey you embark on to visit your heart, soul & authentic self. While on this trip you may be visited by old friends, loved ones, or pets whom have left this earth or simply gain clarity &/or **discover Your "WOW" in the Now.**

When you return from each adventure you will have created a set of **'heartworks'** representing the photographs of your journey, something you may keep to reflect on for years to come. Each time you or your friends and family view them they may have new meanings and seem to have evolved just as your life transforms from adventure to adventure. Take a look at Your Life from a **Different, More Empowered View!**

**Don't Miss Out! Join us for this FUN, INSIGHTFUL Session!**

**ATTEND  
ONE  
OR  
GET  
BOTH  
For  
\$35  
ADV  
Pay  
Only**

**Join Our  
Laugh  
Yourself  
Healthier  
Session!**

**3 SPOTS  
AVAILABLE**



**SEATED**

**Exercise  
Program  
that will**

**Improve Your  
Heart, Lungs  
& State of Mind**

**Carolyn Shannon  
Laugh YOURSELF Healthy Niagara  
laughyourselfhealthy@gmail.com**

**SUNDAY  
OCT. 11, 2026  
2:30—3:15pm  
\$10.00 pp**

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NIAGARA FALLS, CANADA  
ADVANCED REGISTRATION  
ONLY**

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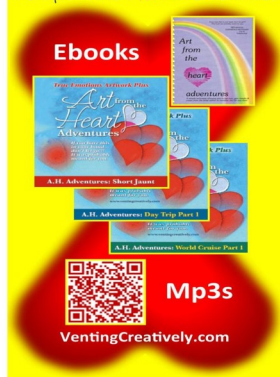
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