

# BIG SIS 2021 Conference LIL SIS



# MAY 24TH-28TH 2021

THE WOMEN'S LEAN IN CIRCLE PRESENTS A FREE VIRTUAL CONFERENCE TO HIGHLIGHT SISTERHOOD, SELF-LOVE, AND EMPOWERMENT. THIS EVENT IS OPEN TO ALL INDIVIDUALS THAT IDENTIFY AS A WOMAN, BUT IS INTENDED TO BUILD RELATIONSHIPS AND MENTORSHIP BETWEEN OUR LOCAL HIGH SCHOOL AND NORCO COLLEGE STUDENTS. REGISTERED PARTICIPANTS WILL RECEIVE CONFERENCE GIFTS.

## CONFERENCE PREVIEW

### *Monday, May 24th, 4p-5:30p* **VIRTUAL SELF-DEFENSE CLASS**

Be empowered and learn life saving self-defense skills and information about violence against women. #Donotmesswithme

### *Tuesday, May 25th, 4p-5p* **LET'S TALK: I CAN'T BE YOUR SUPERWOMAN ALL THE TIME!**

A look at how stress and anxiety effect women of color and how to stand up to mental health for ourselves! #Finallytimeforme

### *Thursday, May 27th, 4p-6p* **I WOKE UP LIKE THIS!**

Are you taking care of your physical and nutritional needs to optimize energy, health, and well-being? Join our Wellness Coach to address generational wellness, a look at how we can age and still be flawless. Why, because what you do today can effect tomorrow. #Flawless

### *Friday, May 28th, 5p-8p* **LADIES NIGHT**

We are bringing the BIG SISTERS and LIL SISTERS together for some girl chit chat, cooking (PIZZA!), games and more. This last event will conclude the conference in sisterhood fashion! Participants will receive a Ladies Night bag with goodies for the event. #Sisterhood

## REGISTER TODAY!

SELECT THE LINK BELOW OR SCAN THE URL TO REGISTER. SEATS ARE LIMITED SO SIGN UP TODAY!

<https://tinyurl.com/WLCBIGSISLILSIS>



QUESTIONS?  
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SCAN ME