

*Business
&
Professional
Women
Niagara Falls*



*"Women Working
for Women"*

(Since 1917)

BPW NF Monthly Meeting

October 25, 2023 7:00 pm

**Mick & Angelo's 7600 Lundy's Lane,
Niagara Falls, ON**

Members \$5 / Guests 2 Free then \$10 per meeting
(Menu Items NOT Included in Registration Fee)

YOU'RE INVITED

**To This Month's
Meeting
Register Now**

BPWniagarafalls.com

"Self-Hypnosis for Productivity & Stress Management"



Gilian Verworn

Join **Gilian Verworn** and [BPW Niagara Falls Members](#) and Guests as we learn more about:

- Powerful mind techniques that allow people like athletes, soldiers and surgeons to excel during stressful situations
- The 4 most common self-sabotaging behaviours that can get in the way of your success
- What you can do to start experiencing improvements in your productivity TODAY

Gilian is the director of [Hypnosis Niagara](#), Niagara's local clinic helping people quit smoking, lose weight, manage stress, and more. **Gilian** is a proud member of the National Guild of Hypnotists and internationally with the Master Hypnotist Society, dedicated to client success and the amazing change, learning and growth that is possible through the power of hypnosis.



And WE DID ! Since 1917...

Women Working for Women

BPW Niagara Falls

**Visit BPWniagarafalls.com for
Info, Events & Meetings**

Business and Professional Women is an equality-seeking group working toward the improvement of economic, political, employment, and social conditions for women.

BPW Niagara Falls holds monthly meetings, which provide opportunities to stay informed on women's issues, to enjoy a guest speaker, and to network with other working women. We also hold social events with several active committees.



Business & Professional Women
Niagara Falls
Over 100 Years Strong We Are
Women Working for Women
www.bpwniagarafalls.com

**Advocacy, Professional Development,
Leadership Skills, Networking & Friendship**

With clubs throughout Ontario, Canada & the
world, including Young BPW, we are

THE VOICE FOR WOMEN

