

# SYILX WOMEN'S WELLNESS GATHERING: *snaqsilx*<sup>w</sup>



**MARCH 30, 2022**

**9:00 AM TO 3:00 PM**

**PENTICTON TRADE AND CONVENTION CENTRE**

**VIRTUAL OPTION AVAILABLE**

When we gather the healing begins. This gathering hopes to create inspiration, empowerment, and provide safe spaces to share.

**Topics Will Include:** skills for self-care and wellness, healthy communication and empowerment.

**OPEN TO SYILX NATION MEMBERS & COMMUNITY MEMBERS**

For more info, please contact:  
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**You Empowered Strong:**  
The YES program provides community awareness, education and training as well as resources on de-normalizing violence and sexual violence as one of the key steps to create change and change behaviours.