



## The Art of Self-Nurturing

With  
**Sylvia Plester-Silk**  
Holistic Energy Therapist



### Is making time for yourself your last priority?

Is finding time to relax a struggle?  
Have you lost sight of what energizes you?  
Has nurturing yourself become a thing of the past?  
Do you need to overcome what gets in the way of taking care of yourself?

If you answered yes to any of these questions,  
this is the workshop for **you!**

You will leave this workshop with a better understanding of what helps you feel nurtured, how to make this a priority in your life and with a plan that outlines what you need to do.

**Remember to pre-register by sending your payment to Sylvia today!**

Sylvia has a gift of sharing information in an easy to digest format that leaves the listener entertained and informed. Sylvia has been collecting wisdom for many years, initially as a Social Worker and Addictions Counsellor and for over a decade in energy work. Sylvia is a Holistic Energy Therapist, a Registered Social Worker and a Certified Addictions Counsellor.