

TheShop  
(Brainerd/Baxter's Youth Defined Space)

# F A E

Female and Empowered  
Women's Group

For all women age 14 - 104

Our mission: Educate young women and  
Empower healthy futures.

The Third Monday of every month  
from 5:00 to 7:00pm @TheShop

723 Washington Street Brainerd  
454 0009

[www.theshopbrainerd.org](http://www.theshopbrainerd.org)

For info contact

AJ @ TheShop 454-0009

Cindy @ 218-838-7014

Exploring Topics

Making Connections

Self Esteem  
& Self  
Awareness

Self  
Defense  
Kick  
Boxing

Snacks  
Movies  
Treats  
Friends

Cosmetics  
Hair  
Nails  
Skin Care

Wellness  
&  
Health

Stress  
Therapy  
Yoga