



# CALM: The Seminar

# WORRY LESS

## IN FOUR SIMPLE STEPS

Learn a proven process to stress less and  
move from worry-filled to worry-free!

**OCTOBER 3, 2023**

7PM - 9PM  
ABILITIES CENTRE  
1 JIM FLAHERTY ST.  
WHITBY, ON



Featured Speaker:

**DENISE MAREK**

Award-Winning Speaker | Author



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Entry  
**\$49**



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