

EMPOWR-U PRESENTS

MOVE AND MOTIVATE WITH MARLON!

Come and exercise for
FREE with Empowr-U.
Improve your mental
health and your physical
well-being.

EVERY MONDAY,
WEDNESDAY AND
FRIDAY 10:00 - 11:00
ALL AGES WELCOME

LIVE SESSIONS ON
INSTAGRAM AND
FACEBOOK!



@Empowr_u
07591517374



**COMMUNITY
FUND**