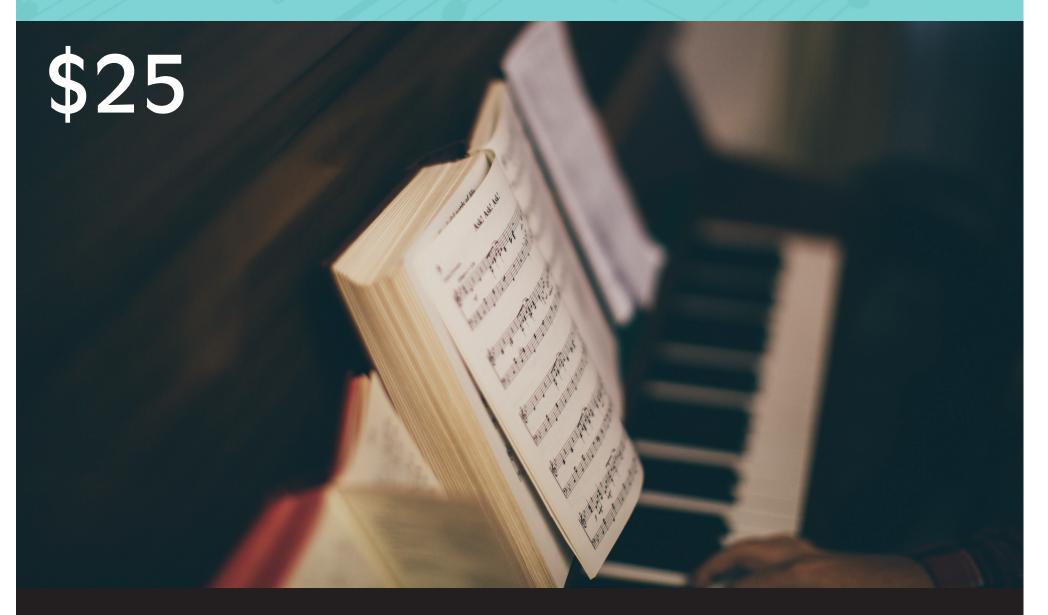
with brain gym accredited instructor Nina Maxwell

## No More. No More. Nerves!

Wednesday August 7th

2:30PM - 4:00PM

Join other students in this one and a half hour workshop where you will discover tips, tricks, & strategies that you can use to help overcome performance anxiety and build your confidence!



CALL, TEXT, OR VISIT THE LESSON CENTRE TO INQUIRE OR REGISTER



306.569.3914

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