

When you take care of YOU first,  
you have more to give  
to your loved ones.

You, like a pitcher of water, will empty very quickly if you keep pouring your energy out for everyone and everything else around you.

You absolutely must take time to **Refill your Pitcher** before you feel empty! Care for your self. Allow yourself the time and space to be who you truly are, rather than who you are expected to be.



Power Hour Circles  
offer you one hour each week  
to be nurtured in a  
community of like-minded,  
supportive women.  
(Even in the comfort of your own homes!)

We invite you to participate in these  
guided women's circles to feel  
renewed, have fun and embrace  
the beauty of who you are.



[www.universalcircleofwomen.com](http://www.universalcircleofwomen.com)

Join a Circle. Make a difference.

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## Questions?



Contact the founder of  
**Universal Circle of Women,**  
**Tina Thrussell**

at **403-285-5266** or at  
[tina@universalcircleofwomen.com](mailto:tina@universalcircleofwomen.com)

*Ripple Effect: "A gradually spreading effect or influence.  
The repercussions of an event or situation experienced far beyond  
its immediate location."*



Women enveloped in a supportive community grow into the best version of themselves, developing resilience, empathy, compassion and inner peace. In time, these nurturing qualities radiate out to the people around them - their family, friends and colleagues – influencing them to adopt these qualities, who may continue to pass on the benefit to others around them.

This is the Ripple Effect and Universal Circle of Women is at the epicenter. Universal Circle of Women is leading the effort to provide all women the information and support necessary to start and perpetuate this positive ripple into communities, into society and ultimately, around the world.

***Cast your stone into the Universal pond – Make a Ripple!***

**There is strength in numbers. Help our numbers grow by becoming a member today. [www.universalcircleofwomen.com/membership](http://www.universalcircleofwomen.com/membership)**

While you can enjoy many member benefits without participating in a Power Hour Circle, participation in a Power Hour Circle will rejuvenate and nurture you, starting the ripple effect in your own world.

Find out more at [www.universalcircleofwomen.com/circles](http://www.universalcircleofwomen.com/circles)



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