



Fiona K Mackay Counsellor MNZAC/ACC registered  
02215088454 fionakermackay@gmail.com Stoke, Nelson

# MOVE UP PROGRAMME

## NELSON

Through this programme you will learn to:

- Know your true worth
- Discover your strengths
- Learn valuable tools and strategies to help you build a good life for you and your whānau

Have fun and celebrate with other women in a supportive group setting

**Join us every Thursday for 10 weeks  
10.30am–12.30pm starting 28 March  
Gold coin entry**

Contact us to book your spot

**FIONA MACKAY**

55/61 Muritai Street, Tāhunanui

Phone: 022 150 8454

Email: fionakermackay@gmail.com

