



## GHA Invites You to Attend An Educational Program

### **The Power of Empowerment**

**Speaker: Vicki Oberkrom**

It can be a challenge to feel “empowered” when we experience new or challenging situations. Luckily, empowerment is something we can learn, practice, and embrace. Together, we will discuss ways of becoming more empowered such as acknowledging strengths, embracing individuality, creating safe environments, enhancing confidence, and establishing supportive partnerships.

**Wednesday, February 19, 2020**

**6:00 p.m. – 7:30 p.m.**

Dinner and Presentation

**Shakespeare’s Pizza**

225 S. 9<sup>th</sup> St.

Columbia, MO 65201

**RSVP** by February 14<sup>th</sup> to:

GHA (314) 482-5973 or [jmcnamee@gatewayhemophilia.org](mailto:jmcnamee@gatewayhemophilia.org)

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**This program is an educational program for  
individuals with a bleeding disorder and their families**