

October 14, 2023  
13th Annual  
**WOMEN  
HELPING  
WOMEN**

# HEALING HOPE HAPPINESS

## Event Schedule\*

AFA Building, Alexandria Campus

- 9:15 am - Breakfast, Meet & Greet
- 10:00 am - Morning Session: Welcome and Keynote
- 11:00 am - Breakout Sessions: Choose an Activity
- 12:00 pm - Panel Discussion
- 12:30 pm - Lunch
- 1:30 pm - Mindfulness, Door Prizes
- 2:10 pm - Garden Gathering

\*All participants must register. Please respond by Friday, September 29.  
Please click [here](#) to register, or you may use the QR code below.



**NOVA**  
Northern Virginia  
Community College  
Alexandria Campus

