



IMPROVE YOUR COMMUNICATION SKILLS FOR FREE

Empowerment Program Class

Rely on Barnabas Center for the skills and knowledge you need to succeed. Our rotating Empowerment Program classes offer valuable guidance on a variety of topics designed to help you achieve your personal and professional goals.

During this month's informative session, you'll learn about:

Enhancing your listening skills

Expressing yourself confidently in your personal life and at work

Being mindful of nonverbal communication

Thursday, April 24

1303 Jasmine St.
Fernandina Beach
10 – 11:30 a.m.

To reserve your free seat, call **904.261.7000**. Light refreshments will be provided.