



Table Talk
SELF CARE SESSIONS FOR MOMS

JULY 16 • 6-7:30 PM

**VIRTUAL SESSION
ONLY VIA ZOOM**

TAPPING INTO YOUR NETWORK (YOU DON'T HAVE TO DO IT ALONE)



LaTashia Martin is a strategic advisor, speaker, and founder of VonSwy Solutions, where she helps leaders and organizations align people, processes, and technology for sustainable growth. With more than 25 years of experience in organizational development, change management, and leadership strategy, she is known for turning complexity into clear action plans that drive results. LaTashia considers her most cherished roles to be wife of 29 years and mother of three adult children.

Attend via Zoom this session only:

https://us06web.zoom.us/meeting/register/icN41wP2R_aUx0HftSCS7Q



For more information call (716) 852-5065

