

SHE organizes purposeful social events which always have a philanthropic component and highlight local female-led businesses.

## An Evening of Empowerment

by the GOAL Magazine Team

This fall, the ladies of SHE hosted an evening of empowerment for women of all ages, encouraging all attendees to promote confidence and body positivity. Three local female business owners donated their time, products, and services to help make this event a success! All attendees were asked to pay an entry fee of which 100% was donated to YWCA Westmoreland to support their mission of empowering women.

Thank You to all the ladies that attended and supported this event!



(L to R) President of YWCA Board of Directors, Theresa Rusbosin; YWCA Office and Membership Coordinator, Gabby Skillings; YWCA Executive Director, Carol Palcic; Owner of Fitness Envi, Aubrey Worek; Owner of Sobel's Obscure Brewery, Jackie Sobel.

### eliminating racism empowering women ywca

The YWCA's full mission is to eliminate racism, empower women, and promote peace, justice, freedom, and dignity for all. They envision a community that embraces equity, acceptance, and diversity where women and girls have opportunities for enrichment and advancement. Our local YWCA offers many programs and runs a thrift shop and used bookstore as part of their efforts to bring their mission to life. Learn more at [www.ywcawestmoreland.org](http://www.ywcawestmoreland.org).



**Aubrey Worek, Exercise Specialist and Owner of Fitness Envi,**

instructed sample classes geared to encouraging all attendees to discover their confidence. Her upbeat and positive attitude had everyone laughing while still getting in a great workout! Aubrey created Fitness Envi (FE) to be a place where her motto "Envision, Empower, Enhance" comes to life! When

visiting her studio, you will find her and countless other women who focus on building each other up and EMPOWERing one another through movement! You can catch Aubrey on KDKA's morning TV show, Pittsburgh Today Live as their wellness expert! Learn more about how Aubrey can help you with your fitness goals at [www.aubreyworek.com](http://www.aubreyworek.com).



**Rachel Flowers-owner of Sun Dawg Café** donated a delicious and healthy vegetable tray with hummus dip for the ladies to snack on during the event. Sun Dawg Café, located in downtown Greensburg, is a fun, upbeat eatery serving delicious fare with a twist! Eat In - Take Out - Cater Your Next Event - Visit [www.sundawgcafe.com](http://www.sundawgcafe.com).



**Jackie Sobel, owner of Sobel's Obscure Brewery (S.O.B),** poured samples of her outstanding craft beers in between workouts. She explained what flavors make each of her best sellers and taught attendees professional beer tasting techniques. She opened S.O.B. in 2012 with her father, David. Always ready for fun and laughter, they endeavored to create not only a great product, but a quirky brand. Attendees even got to learn about the fun gnomes that adorn the brewery's can art. Get your gnome on and check out the pop-up tap garden by visiting [www.sobbrews.com](http://www.sobbrews.com).

