





Visit Em to read real stories about inspiring women and find out how to empower yourselves and look after your mind, body and spirit through the good and bad times.



# em's got your back

em stands behind you and beside you, em embraces all ages, all cultures, all people,

### em is your sister,

em is aware, em has seen pain, em get's it, em is not afraid, em is safe

## em is real, grounded and resilient,



# em believes in equality,

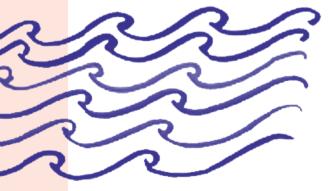
your mother, your grandmother, your neighbour, your friend, em is a force,

### em sees strength in vulnerability

em is here for you, em doesn't judge, em is compassionate, em is beautiful, powerful and graceful

#### em is a reflection of me







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