

**'Good enough NEVER is... I want it all  
- and I want it now!'**

with GUEST SPEAKER HELEN NICHOLSON

**A hot buffet meal @ LCBC for WOMEN**

**Tuesday 28th January**

Arrival from 7.15pm

LCBC

Tickets are **£16** and must be purchased  
**before the night** from Liz Turton or Helen Walker

