



# A Fear-less *You*

## How do I join?

*It's simple:*

- *Find some buddies: 5-10 people*
- *Commit to 10 weeks/2 hours per week.*
- *Decide on a name for your buddy group (Hub).*
- *Choose a leader among you.*
- *Register your Hub details on our website.*
- *Instructional email will follow.*
- *Workbook and manuals provided free.*
- *Start program.*

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