

2009 WOMEN'S SERIES

WOMEN IN MIDLIFE: Women on the verge of a TOTAL BREAKTHROUGH!

Do you feel like sometimes you are wearing too many hats, or juggling too many balls?
Does it seem that sometimes work, family, and community commitments leave you trying to balance it all?
To balance your lifestyle it is useful to explore your priorities and how these measure up with the results in your life.

Join Monique Schoenau (Stress Management Coach and RMT specialized in Structural Integrated Body Work) and Charmaine Hammond (Professional Speaker, Personal & Organizational Development Facilitator) in an interactive workshop that equips you with the tools, skills and a **FOUR STEP PROCESS**

- ✓ How to deal with your inner chatterbox
- ✓ Clarify your unique strengths and values
- ✓ Strengthen your self esteem and well-being
- ✓ Develop your own Wellness Action Plan

**Saturday
May 30/09**

Edmonton
9:30 a.m. – 1:00 p.m.
(Doors open at 9:00 a.m.)

\$130

Please bring your lunch



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Natural Body
Monique C Schoenau

*A healthy family,
workplace and community
begins with a healthy you!*



Register by May 16/09
Pre-Register early – Limited to 25 spots
After May 16/09 \$150

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