

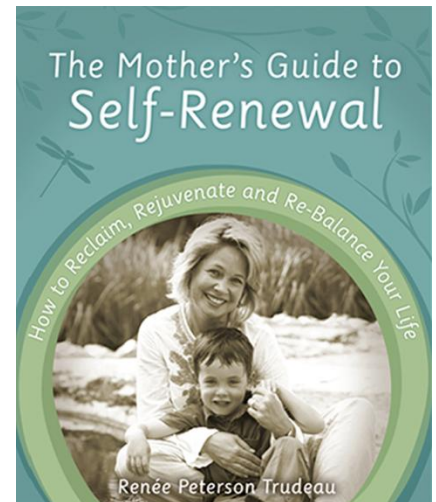
Reclaim, Rejuvenate and Re-Balance

You're Invited to a Self-Renewal Party

Soulful, nourishing and restorative. Join other mothers and reconnect with who you are, slow down to be more present and create balance from the inside out. Take time to care for yourself and receive support for creating the life you desire – and deserve!

Based on the award-winning book from Renée Trudeau, *The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life*, the Self-Renewal Party provides you with the opportunity to:

- ~ Learn about the transformative power of self care
- ~ Enjoy a special date focused on your needs/desires
- ~ Share self-renewal ideas and strategies with other moms
- ~ Relax and renew with like-minded women in a nurturing and empowering environment



Join us for an Evening of Self-Renewal, a Mom's Night Out with a Message!

Hosted by: Rhonda McMahon, RTA-trained Personal Renewal Group Facilitator
Renée Trudeau will be there to talk and lead an exercise

When: Thursday, February 18, from 7 to 9 p.m.

Where: Heartsong Music
2700 West Anderson Lane, Suite 320 in the Village Shopping Center

RSVP: rmcmahon@austin.rr.com *Please RSVP via this email address.

Cost: Free. Remember to bring a snack or beverage to share, something to write on (a journal or notebook), a pen, a photo of yourself "pre-baby" that captures a time when you felt really "alive," and a pillow or backjack as we'll be sitting on the floor.



A nationally-recognized life balance coach/speaker/author, Trudeau is president of Career Strategists and Renée Trudeau & Associates. Dedicated to enhancing balance in women's lives, her work has been featured in *Working Mother*, *Family Circle*, *Mothering*, *Yogi Times* on CBS and in numerous other media. Thousands of women around the world are starting and becoming trained to lead self-renewal circles based on *The Mother's Guide to Self-Renewal*. www.ReneeTrudeau.com.

Dessert for this event donated by:



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