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EMPOWERMENT



Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
April 26th 2018: Real Life Solutions for Over-Scheduled Women

The women's movement of the 1960's initiated a new wave of change for women. In many ways it was liberating, which was the intent. The downside was the belief and expectation that we could do everything all at once. We added career to an already too busy agenda of being a wife, mother, housekeeper, volunteer, and care-giver for extended family members and pets. Any time we may have been able to squeeze in for ourselves was now gone. The word "no" seemed impossible to pronounce. I remember noticing a pattern of getting sick at the end of any week with 3 nights of meetings after full days at work.

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Featured Guest



Yvonne Tally

Yvonne Tally is the author of *Breaking Up with Busy* and has been a healthy lifestyle coach for nearly twenty years. Yvonne cofounded Poised Inc.

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