

# Reclaim, Rejuvenate and Re-Balance

## You're Invited to a Self-Renewal Party

Relax and renew. Reconnect with who you are and learn about the importance of nurturing your "inner life." Enjoy dedicated time just for YOU, connect with other women and support each other in creating the life you desire – and deserve!

Based on the highly-acclaimed new book from Renee Trudeau, "*The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life*," this Self-Renewal Party provides you with the opportunity to:

- ~ Learn about the transformative power of self care
- ~ Carve out much-needed time for yourself
- ~ Hear ideas and insights from other moms on life balance
- ~ Connect and share with like-minded women
- ~ Learn about a national womens' initiative to support mothers (additional information available at [www.reneetrudeau.com](http://www.reneetrudeau.com)) and the groups that are forming around the book!

**Please join us for this special event!**

**Hosted by:** Family Insight

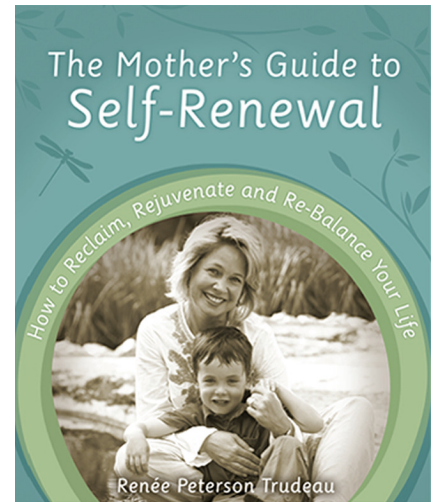
**When:** Wednesday, October 17, 2007, 7:00- 9:30pm

**Where:** 1221 Barton Hills Dr. #217 Austin, TX 78704

**RSVP:** To Carlene Townley at 512-569-0240 or email at [carlene@familyinsight.com](mailto:carlene@familyinsight.com).  
Space is limited!!

**Please Bring:** Pen/journal and a "pre-baby" photo of yourself that represents a time in your life when you felt really alive!

**Cost:** FREE! Bring an appetizer or dessert to share.



A nationally-recognized career and life balance coach/author/speaker, Renee Trudeau is president of Austin-based Career Strategists. Dedicated to enhancing balance in women's lives, her work has been featured in *Working Mother*, *Mothering*, *Family Circle*, *Plum*, *Parenting* and *American Way* and in numerous other media. Renee and her husband live in south Austin with their five year-old son.

[www.reneetrudeau.com](http://www.reneetrudeau.com)