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LIFE WELLNESS FOR WOMEN
Seminar Offered by Local Women for Local Women

February 20, 2007 Wilbraham, MA A seminar entitled “Life Wellness for Women”, an Inspirational Evening with Kate Forest, will be offered on Thursday, March 8, 2007. Women are invited to attend to ReNew, ReInspire, and ReConnect and find more balance in their busy lives. The evening will be about self-care and soul-nourishing; and simple life wellness skills will be taught.

Kate Forest is the Founder and Director of the Life Wellness Connection and Bliss Yoga Center in Wilbraham, a Mindful Living Consultant and an Advanced Level Yoga Instructor. The seminar is being sponsored by Celine Gaudreau of The Gaudreau Group; Kathy Selvia of New England Promotional Marketing; and ValleyStone Credit Union.

The cost of the event is \$25.00 which includes dinner and is being held in the Community Room at ValleyStone Credit Union, 2002 Boston Road, Wilbraham, MA. Registration is from 4:45 – 5:15 p.m. and the program will begin at 5:15 and end at 8 p.m. For more information, please contact Kate Forest at 596-5962.

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