

LADIES OF LIKE MINDS

PRESENTS

“I Have A Dream”



GUEST SPEAKER

Author, speaker and radio host Mia Redrick is a Mom Life Strategist and the founder of Finding Definitions, LLC a company created to empower mothers to practice better self-care. Committed to getting 1,000,000 moms to practice better self-care, Mia authored Time for Mom-Me:5 Essential Strategies for A Mother's Self-care and currently hosts 27 national groups utilizing her system. To learn more about starting a group visit www.timeformom-me.com.

**RESERVE YOUR SEAT BY
JANUARY 7, 2010**

CONTACT

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WHEN: Monday, January 18, 2010
(MLK Birthday Observance)

TIME: 11:00 am. – 2:00 pm.

WHERE: Ashland Cafe
10810 York Road,
Cockeysville, MD 21030

COST: FREE
(Attendees responsible for purchasing lunch
from Ashland Cafe)

Agenda:

11:00 - 12:00 Registration/Introductions

12:00 - 12:30 Speaker Mia Redrick

12:30 - 1:30 Working Lunch

1:30 - 2:00 Networking

The difference between a broken community and a thriving one is the presence of women who are valued.
First Lady Michelle Obama