



READY TO LIVE INC., PRESENTS

Ever Wonder . . .

*"Y" is there no "Me"
in Momm-y?*

CERTIFIED LIFE COACHES

LISA SCHULER AND

BRIGITTE RANAE

Have the rigorous demands of being a mother zapped the zest from your life?

"Y" is There No "ME" in Momm-y?

Have you come to realize that by taking the name Mommy, you somehow gave up the name of who you truly were meant to be? You are not alone, nor does it make you a bad mother to feel as though your choice to parent was a tradeoff of your own desires, your dreams, or even your identity. Learn how we got led astray and how to create a plan to help you find balance between you and your loved ones. Taking the time to find who the true "Me" is, can enhance your relationships and evoke the confidence to create your own peace and happiness. How can we raise and nurture our children to become balanced adults if we do not first show them what balance looks like? We will give you tools to reclaim the passion you once had for your own life while loving those you love most.

September 28, 2013

12:30 P.M. – 3:30 P.M.

The Lodge at Des Peres

1050 Des Peres Road

St. Louis, MO 63131

Reserve your spot today for this power-packed workshop. Ready to Live Inc., uses innovative coaching solutions that help YOU discover YOU and find the answers to some of life's biggest questions.

Seating is limited, so please call to pre-register. Call or email inquiries to info@readytoliveinc.org (636)336-2522

Ticket Price \$ 49. Please pre-register to secure seat, or pay at the door.