

# *Emotional Power for Women!*

**Sunday, Feb 5, 2012 @ 1pm**

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|------------------------------|--|
| Emotionally Discerning       | - How we work, live and play with others.                              |
| Emotionally Authentic        | - How you feel right now, in the moment.                               |
| Emotionally Grounded         | - Standing in your power stories.                                      |
| Conscious Emotional Maturity | - Emotional response and state of being from the maturity we have now. |

Now is the time to find your dreams.  
Take part in these engaging sessions.  
Only \$40. Discounts apply for multiples.

Location:  
Nadine Lalonde's house  
107 Peel Street  
Penetanguishene

*ZEST Your Life!*  
*A series created to support*  
*your desire for a full and happy life.*

**Introduction to Power - Dec 4, 2011**

**Emotional Power - Feb 5, 2012**

**Mind/Body Power - Mar 4, 2012**

... healthy mind/body connection

**Spiritual Power - Apr 1, 2012**

... loving relationships with yourself and others

**Living Your Power - Apr 29, 2012**

... Each morning: look forward to the day  
... Each night: be genuinely happy  
... Know what your dreams are...