

Reclaim, Rejuvenate and Re-Balance

You're Invited to a Self-Renewal Party

Join other mothers in a national movement to reconnect with who you truly are and create balance in your life from the inside out. Take time to care for yourself, connect with other women and support each other in creating the lives you desire – and deserve!

TIME/DATE: Friday, **August 27**, 2010, 7:00-9:00 pm

LOCATION: Perfect Balance Yoga, Fresno
5091 N Fresno St, Ste 133

COST: FREE

REGISTER: **(559) 284-7038** or <http://fresnoselfrenewalparty.eventbrite.com/>

BRING: Something to write on (journal, etc.), a pen and a photo of yourself “pre-baby” that captures your essence and personality.

FACILITATOR: Melissa Hunter is a certified postpartum doula, lactation counselor and facilitator trained by Renée Trudeau & Associates.

