

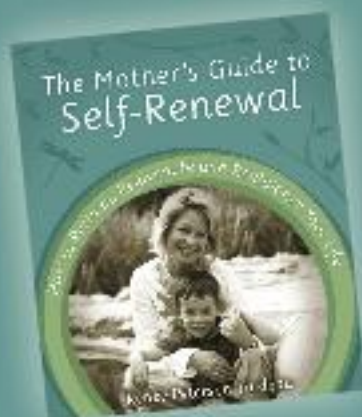
# Personal Renewal Group for Mothers

Empowering ~ Supportive ~ Nurturing

Do you want to reconnect with who you are?

Are you interested in new ideas for  
self-renewal and life balance?

Would you like to enhance your emotional  
well-being and learn to be more present?



You're invited to join a Personal Renewal Group (PRG). Based on the award-winning book *"The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life,"* by Renée Trudeau, a PRG is a structured life coaching program for women at all life stages. Topics will include:

- Reconnecting with Who You Are
- Strategies and Insights for Balanced Living
- Managing Our Energy, Saying "No" and Asking for Help
- The Transformative Power of Self-Care
- Reclaiming Adventure and Unleashing Your Creativity

"I loved being challenged to make my self-care a priority. PRG has made a huge difference in my life." —Kristen

"I never considered myself a 'group person' but joining a PRG was one of the best things I've ever done. I feel more peaceful, calm and finally comfortable taking time for ME." —Amanda



Rubiena Duarte  
PRG Facilitator  
Mom Blogger

**TIME/DATE:** 4-6 p.m. First session begins February 23<sup>rd</sup>.

**MEETINGS:** 4<sup>th</sup> Sunday of each month for six months.

**LOCATION:** River Place Country Club, 4207 River Place Blvd, Austin

**COST:** \$200 for six-month program (includes 6 workshops, email support between meetings and a copy of *The Mother's Guide to Self-Renewal*.) Register with a friend and pay only \$350 for both of you!

**REGISTER:** Contact 512- 577-7325 / [mysupermomadventures@gmail.com](mailto:mysupermomadventures@gmail.com) or visit [www.supermomadventures.com](http://www.supermomadventures.com). Additional details on the national program/book at [www.SelfRenewalCircles.com](http://www.SelfRenewalCircles.com).

**FACILITATOR:** **Rubiena Duarte** is a certified life coach and Renée Trudeau & Associates-Trained PRG Facilitator. She has more than 10 years experience coaching and supporting women through life transitions.