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that may benefit)*



JME Insights Presents:

FREE WEBINAR

Take the Time for a 2-, 5- or 10-minute "Me Moment!"

Join us for a FREE Webinar on November 7

Free Webinar

Take the Time for a 2-, 5- or 10-minute "Me Moment!"

by guest presenter Mary E MacDonald, M.A.

Wednesday, November 7, 2012

For family and professional caregivers

Register Online Today by clicking the link below.
Or paste the link into your browser.

Webinar will be 30 minutes in length.

**All attendees will be entered into a drawing for Janet Edmunson's book
*Finding Meaning with Charles***

7:00 p.m. (Eastern)
6:00 p.m. (Central)
5:00 p.m. (Mountain)
4:00 p.m. (Pacific)

Registration Link: <https://www2.gotomeeting.com/register/268399962>

Webinar Description: Mini relaxation breaks sprinkled throughout a caregiver's day help to restore the body/mind/spirit. Learn and experience a 2-minute relaxation breath, a 5-minute "Letting Go" meditation, and a 10-minute restorative chair posture you can practice anywhere you sit!

About Mary: Mary E. MacDonald, M.A., Founder and CEO of Marymac Missions LLC, has worked towards improved life quality for children, adults and community groups for over fifteen years. Her early career roles nationally and internationally included working with emotionally,

behaviorally and physically challenged children, at-risk youth, the mentally ill, and intensive care patients and their family members. An eight-year user-experience design career coupled with a two-year journey with her mom through degenerative illness inspired her to create services and resources that support life quality for people experiencing life transitions, illness and disability, grief and loss, recovery and renewal. Mary is a certified Life Coach, Group Leader, and Kripalu Yoga Teacher. Mary holds a M.A. degree in Pastoral Ministry from Boston College, Chestnut Hill, MA. She graduated Phi Beta Kappa with a B.A. degree in Psychology and German from the University of Rochester, Rochester, NY.

Webinar Format: You may participate in one of two ways:

1. The ***first*** viewing method is via access through the internet. You can view the presentation on your computer and listen via your computer speakers or USB headset connected to your computer.
2. The ***second*** option would use the internet and a telephone connection, or just the telephone. **Please note: If you use this second option, you may need to pay applicable phone charges from your telephone carrier.**

Once you register, you will receive an **email from Transformation Consortium** confirming your registration with information you need to join the webinar.

Space is limited and registrations are taken on a first come first serve basis.

For Additional Information: You can contact Janet at janet@janetedmunson.com with any questions you have about participating.