

“Right from Sue’s opening comments, I was laughing hysterically.”

- Connie Moore -

STRESSED OUT?

This life-changing workshop is for you if you are . . .

- *Lacking the energy to attend*
- *Closer to the end of your rope than the end of your to-do list*
- *Sick and tired of feeling sick and tired*
- *Ready to be refreshed, renewed and recharged!*

Come and discover how to . . .

- *Stay calm in the midst of chaos*
- *See the humor even in difficult situations*
- *Use nutrition to manage your moods, memory, energy levels*
- *Be encouraged with powerful biblical principles*

WORKSHOP *for* WOMEN

“Funny. Poignant. Insightful.”

- Chris Fiorito -

“Sue Augustine is truly inspiring and brings joy to your heart”

- Cathy Nolan -

Presented by: INTERNATIONAL GOSPEL CENTRE

When: Saturday, October 17, 2009 • 8:30 am Registration • Workshop 9 am - 12:30 pm

Where: 35 Charles St. E., Kitchener, ON N2G 4A2 **Contact:** 519-744-3051

Cost: \$25.00 includes workbook and refreshments **Pre-register by:** Sunday, October 11, 2009

Make cheque payable to: International Gospel Centre **Mail to:** P.O. Box 601, 35 Charles St. E., Kitchener, ON N2G 4A2



Sue Augustine is a dynamic international speaker and bestselling author. Her humorous and inspiring workshop will encourage you with practical coping skills for managing daily stressors. This refreshingly down-to-earth program will revive your spirit, refresh your mind, and renew your dreams. Sue believes in God’s power to enable you to live stress-free and enjoy life more than you ever thought possible!

www.sueaugustine.com

