



MEDIA ADVISORY

For immediate release: Monday, September 22, 2008.

It's About Time – Practical Solutions for the Time Deprived

A presentation for moms on easing stress, clearing clutter, getting organized and managing precious time

Now that the back-to-school rush is slowing down, momcafé will be holding its first half-day seminar **"It's About Time – Practical Solutions for the Time Deprived"** on Friday, September 26 at Bella Candela Restaurant, North Vancouver.

Rowena List, Getting it Together, is an image organizer extraordinaire and will focus on clearing the clutter from many areas of life, home, office, body and mind. Her years of organizing spaces and helping people create and maintain a professional image lead to immediate results and satisfaction.

Sarah Dakin, Baby Steps Life Coaching, will work on time-saving preparations and managing time. She'll also explain what onions and a hot iron have to do with time management! More importantly, Sarah will share her tips on how to ease stress and increase mental clarity by getting to-dos out of mind and done.

Rowena and Sarah will share their tips and strategies, and give practical, useable advice that can be put into action and make a positive difference immediately.

What: momcafé seminar
"Practical Solutions for the Time Deprived"

Who: Rowena List, Getting it Together
Sarah Dakin, Baby Steps Life Coaching

When: 9 a.m. – 12 p.m.
Friday, September 26, 2008

Where: Bella Candela Restaurant
109 West Esplanade, North Vancouver

Cost: \$69.00 non-members - \$55.00 members (including GST)
Childcare is not available for this session



To register: www.momcafe.net/register/10

Thank you to our Community Partners: Le Petit Spa, Spa Boutique, Penny Mitchell Realty, Nannies on Call, Please Mum

momcafé is an organization that provides support and resources for professional moms in the form of monthly meetings and quarterly seminars.

Both speakers and a momcafé director will be available for interviews following the event.

For additional information please contact:

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