

# LifeForward

Believe, Build, Be.

## A Free Workshop Series for Women

**Believe** in your unlimited power and potential, **Build** the skills necessary to succeed, **Be** the powerful woman you are meant to be!

# AVOID HOLIDAY STRESS

Learn Techniques to Relax & Enjoy the Holidays!

**Saturday, November 16, 2013**

**10a.m. – 12:30 p.m.**

**Savia Community Center**

**23780 Newhall Avenue, Newhall, CA**

### Presenter

Marilyn Ruman, Ph.D.  
in Clinical Psychology  
has designed stress  
management programs  
for individuals &  
families. Dr. Ruman has  
worked with Veterans  
and consulted with  
organizations for stress  
related issues. Her  
presentation will help  
us to stress less!



### Presenter

Rebecca Ryan, Yoga  
Instructor at Yoga Yoga  
in Newhall, has  
practiced yoga for 14  
years & taught since  
2009. She will present  
Gentle Yoga relaxation  
techniques.

### Child Care Available!

Sponsored by Single Mothers Outreach-register no  
later than one week before the workshop  
[www.singlemothersoutreach.org](http://www.singlemothersoutreach.org) or call 661-288-0117

Certificate Drawing  
10 am arrivals –  
eligible



LifeForward workshops are sponsored by Zonta Club of Santa Clarita Valley in collaboration with Single Mother's Outreach, Domestic Violence Center, Habitat for Humanity SF/SCV Returning Women Veterans & LA County Department of Child & Family Services serving Foster Moms. Schedule of upcoming workshops at

[www.scvzonta.org](http://www.scvzonta.org)

**All Welcome!**