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EMPOWERMENT



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January 13th 2011: New Year, New You

Kerri Zane will join us to discuss "A New Year, A New You." A fitness expert, a committed "foodie," a single mom, a woman tested by life, Kerri draws from her experience to share what works and what doesn't work. She States, "At this point in my life I've had enough family trauma, male drama, kid adventures and work misfires to write the "War and Peace" of autobiographies. I've been taught many lessons, some more than once, and now I'm at an age where I've truly learned to love myself. Little of the past matters as much as the here and now. What I am sure of is... It's not the unforeseen events

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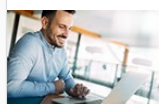
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