



EMPOWHERMENT™ NEWS

Web Site Upgrades

For those of you who visit the Web site regularly you will see a few changes:

- Online Blog link which gives you a peek into some of my quick daily thoughts and happenings in my life. Feel free to post replies, your reactions and responses to my observations. Follow the link on the main page to access this area.
- New addition to the E-card categories to include love & friendship.
- Sign the new guestbook when you visit!
- Access to the monthly newsletter.

April Wellness Message

How do you define what you weigh? Read this month's message for my thoughts on emotional baggage.

The monthly message is now posted in the Inspiration Link of www.empowherment.com.

If the message inspires your own reaction feel free to email me at info@empowherment.com with your comments.

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*"Life isn't about finding yourself.
Life is about creating yourself"*

George Bernard Shaw

We're on the Web!

Visit us at:

www.empowherment.com
