



EMPOWHERMENT™ NEWS

Free E-Card Site Launched

Effective immediately www.empowherment.com offers you the opportunity to send free e-cards to your family and friends.

Are you thinking of someone special, want to send a message of support or encouragement?

Find our e-card link on our main web page.

Cards to inspire and provoke thought.

Check this area often as cards will rotate and change frequently.

Your comments on category and card additions are welcome. Happy sending!

March Wellness Message

Does emotional eating play a part of your life? If yes, this month's message will be of interest to you. I hope you enjoy my thoughts.

The monthly message is now posted in the What's New Link of www.empowherment.com.

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

Monthly Wellness Messages will now link you to complimentary templates to assist you to work the ideas into your own daily lives. This month see the new Empowherment™ Food Diary to help you keep track of eating habits and routines.

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"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy"

Thich Nhat Hanh

We're on the Web!

Visit us at:

www.empowherment.com
