

**Welcome to the Fifteenth Annual  
Morristown Women's Festival  
FORGET PERFECT:  
Living Life on Our Own Terms  
Saturday, June 11, 2005**

As women of all ages, we gather today in the spirit of growth, learning and empowerment. Our horizons are expanded and we make connections that extend beyond the day of the Festival.

**SCHEDULE**

8:00- 9:00	Registration and Breakfast
9:00-10:30	Opening Ceremonies Women of Principle Award Keynote: Lisa Earle McLeod
Author: <i>Forget Perfect – Finding Joy , Meaning, and Satisfaction In the Life You've Already Got</i>	
10:45-11:45	Workshop Session One
11:30-1:00	Lunch, Marketplace, Sharing and Networking
12:45-1:45	Workshop Session 2
2:00-3:00	Workshop Session 3
3:15-4:15	Workshop Session 4
4:30-5:10	Featured Performer: Christine Lavin
Singer/Songwriter/Guitarist/Humorist	
5:10-5:30	Closing Ceremony

*\*Limited wheelchair accessibility\*  
\*No smoking in building\*  
\*Childcare not available\**

Continental breakfast and lunch included with registration fee. Lunch of sandwiches, fruit, and juice (special diets not available).

**-----SESSION ONE WORKSHOPS-----**

**1A - The Affirmative Power of Positive Self-Talk** - Melanie Davis

Rubenesque or pudgy? Thoughtful or shy? How we describe ourselves and our bodies reflects our self-esteem. In this workshop, you'll find a new language that inspires self confidence.

**1C - It's not What You Have... It's What You Do with What You Have...** - Barbara Brachfeld  
Join me to hear how to solve your decorating dilemmas, enhance your rooms and accessorize on a budget. *Bring your photos or samples and your questions for discussion.*

**1D - Nurture your "Sole" and Promote Natural Healing with Reflexology** - Adrienne Rowe  
You can encourage natural healing for balancing Mind, Body and "Sole" with simple self-help Reflexology techniques. A loving-kindness meditation and use of therapeutic-grade essential oils will be included.

**1E - Moving the Sacred Feminine** - Bobbi Ellis  
Experience movement exploration with music from all over the globe. This workshop is self-paced and varied in tempo. Everybody welcome, no movement experience necessary.

**1F - The Healer Within** - Diane Wormser  
Each of us can be part of healing ourselves and others. We will explore the healing power that lives in each of us now, regardless of experience or beliefs.

**1G - Relax and Reinvent Your Life on Your Own Terms** - Zella Geltman

Enjoy a guided deep relaxation designed to empower you with stress reduction skills that you can use on your own. Handouts will be provided to help you continue the process.

**1K - Finding Your Passion and Purpose** - Karyn Greenstreet  
What excites you? What fuels you? Identify what you love in life, how to pursue your passions and how to overcome emotional roadblocks.

**1L - Identity and the Grieving Heart** - Amie Harris  
We will explore how loss affects a person's identity and the process of transition from grief to feeling grounded.

**1M - Intro to African Drum, Dance and Song** - Lara & Yael Percussione Duo with Jennifer Starr  
Learn to express yourself through a powerful and lyrical vocabulary of rhythm and dance which is fun, encouraging and accessible. Experience joyful exploration, communication, and cooperation.

**-----SESSION TWO WORKSHOPS-----**

**2A - Branding = Vision + Image + Message + Means** - Jane Cameron  
Together we address four questions: Vision [What do you really want?], Image [How will you present yourself to others?], Message [What do you say?], Means [How do you do it?]

**2C - Traveling with a Special Needs Child** - Claudette Bardwil  
Discover how to plan a trip that will have benefits for you and your special needs child. Learn valuable strategies to help your child with enroute transitions, and much more.

**2D - The Power of NO: How to Reclaim Your Sanity and Have More Time** - Natalie Gahrman  
Getting busier and busier, but don't feel as if you're accomplishing enough? Learn logical and doable techniques to become more productive with less stress in this fun and enlightening program.

**2E - Crass or Class? How do you choose to live your life?** - Maureen Sanders  
Are you devoted to making your little corner of the world more courteous, thoughtful, selfless and respectful? It matters far more than you may think it does.

**2F - Radical Self-Care** - Sharon Rosen  
Learn simple effective ways to de-stress and balance yourself through a variety of fun, gentle techniques that you can incorporate into your busy life.

**2G - How to Create Beautiful, Sustainable, Affordable Community-Centered Housing in NJ** - Kathy Moser  
Tired of a world of huge, perfect houses where no one knows each other? Learn about Garden State Co-housing, where people learn to live in balance with nature and each other.

**2K - Too Busy to Budget?** - Kathy Miller  
Too busy getting through today to plan for tomorrow? Learn a quick, easy system for organizing your finances so you can breathe easier, sleep better and achieve your lifestyle goals.

**2L - Appearance with Attitude** - Janet Cargill  
Learn how to accentuate your assets, create new outfits from your closet, and use accessories. Discover that a positive attitude is your best feature.

**2M - The Goddess Sings Through Me** - Elaine Silver  
Honor and remember our own divinity as women and Goddesses. Transform your consciousness and through singing, chanting, toning, movement and breath.

**-----SESSION THREE WORKSHOPS-----**

**3A - The Red Tent** - Jill Gerken-Wodnick  
Through rattling/drumming, you will learn how to enter realms of non-ordinary reality in a waking state to obtain knowledge, solve personal problems, find direction for achieving goals.

**3C - Honoring Expected and Unexpected Changes in Our Bodies** - Cissy Brady-Rogers  
Come experience how stories, symbols and rituals help us grieve, accept, and find meaning in the inevitable adjustments that are part of living in our good bodies.

**3D - Finding Your Bold Soul: 7 Steps to Living Boldly®** - Lisa Taylor Huff  
You can't achieve your biggest dreams if you are focused only on survival. Learn 7 things you can do right NOW to shift your energy and let your Bold Soul OUT!

**3E - Living Out Loud: Writing for an Unapologetically Fabulous Life** - Deb Cooperman  
Experience techniques in this interactive workshop to free your imagination, overcome blocks, tame critics, reveal your unique gifts, and improve the quality of your life in surprising ways.

**3F - Sort Out Your Stuff and Simplify Your Life** - Jamie Novak  
If you have piles of paper, forget things, lose time, and feel overwhelmed, this class is for you. Learn a no-fail 3-step plan plus tons of tips and ideas!

### 3J - Understanding Yourself Through Art -

Stephanie Turcic

Learn about yourself through creativity. Study and analyze various aspects of simple drawings you create during this session. You will also receive an overview of Art Therapy.

### 3K - Beyond Fragrance: Using Essential Oils to Balance Your Hormones - Liz Hoffmann

You will be introduced to essential oils that affect nervous and endocrine system function, easing hormonal fluctuations. You will smell select oils and learn the importance of distinguishing therapeutic oils.

### 3L - Happy Relationships: 8 Simple Secrets -

Kathy Parkerton

Learn 2 behaviors that keep relationships happy, 5 behaviors that will end relationships, and one simple thing you can do to keep things running smoothly. You will be empowered!

### 3M - Making the Labyrinth Your Own -

Carol House

Explore the mysteries of the labyrinth, seed patterns, energy patterns. Experience a chakra meditation to enrich your labyrinth walk. Discover ways to use the labyrinth on your own life path.

### -----SESSION FOUR WORKSHOPS-----

#### 4A - Reclaim Your Joy - Arlene Schar

A Life of Joy is everyone's birthright!! The process begins as we awaken to our Higher Self, discover our passion/purpose, and create the conditions of joyous living.

#### 4C - Great Expectations: How Women Can Help Girls Expect Respect in Relationships -

Juli Harpell-Elam

It's never too early to teach the difference between healthy and unhealthy relationships to our daughters, nieces, students, other great girls we care about. Learn how to start this valuable discussion.

#### 4D - T.A.P.I.O.C.A. ("Thin and Perfect" Is Our Cultural Anthem): NOT ON MY MENU! -

Jennifer Sawhill

Learn "self-advocacy" and say "No" to that serving of TAPIOCA! Participants will be provided with tools to help dismantle advertising myths and "quick help" claims by the diet/beauty industry

### 4E - Releasing Perfection: Creating Peace

Within - Ilona Hress

Do you carry around self-imposed burdens? Feeling overwhelmed is a disintegrating experience you can cast away. Learn how to release unnecessary demands in your life and become responsibly free.

### 4F - Divine Imperfection: Yoga for Every Body Style - Blake Devillers

Yoga practice is for everyone. Come explore various phases of yoga poses, adapted to your unique body style. Sink deeply into each pose and embrace the divine you.

### 4H - Uppity Women in History - Edwina Ekstrom

Through a series of quizzes, brief biographies and handouts, you will be introduced to some of our foremothers... women who lived life on their own terms.

### 4J - Common Skin Care Myths: Smart Choices for Smart Women - Daun Clark

Learn to make sense of newest ingredients and technologies offered by the skin-care industry. Discover simple solutions to your skin care concerns.

### <<<< Today's Special Guests: >>>>

#### Lisa Earle McLeod

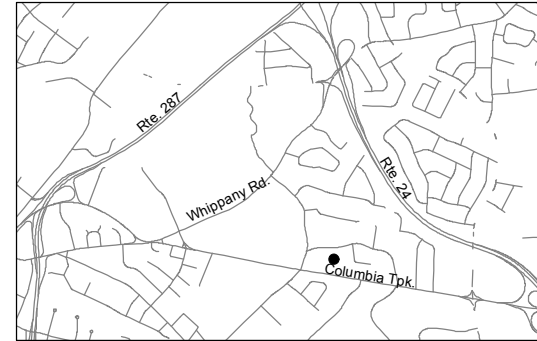
The author of *Forget Perfect™* and nationally syndicated newspaper columnist Lisa has been called "Erma Bombeck with an edge." Her unique combination of wicked cultural commentary, insightful advice and laugh-till-you-wet-your-pants humor delights audiences and readers.

#### Christine Lavin

Christine Lavin's witty songs (most frequently about relationships and modern life), hilarious on-stage presentation (storytelling, twirling glowing batons) and irreverent attitude is the perfect end to a "Forget Perfect" day. Her solo albums include *Getting in Touch with My Inner Bitch*, *The Subway Series*, *Sometimes Mother Really Does Know Best*.

### -----DIRECTIONS-----

**From South:** Take I-287 North to Exit 36A (CR-510 East/Morris Ave). Merge onto CR-510 East/Morris Ave. At the fork, bear right to stay on CR-510 as it changes to Columbia Rd. At the traffic light (Morris Museum on left), turn left onto Normandy Heights Rd and follow it as it turns right. MUF is 0.2 miles ahead on the right side.



**From North:** Take I-287 South to Exit 37 (NJ-24 West). Take Exit 2A (CR-510 West/Morristown). Merge onto CR-510 West/Columbia Turnpike. At the second traffic light, turn right onto Normandy Heights Rd. MUF is 0.3 miles on the left.

**From East:** Take I-78 West to NJ-24 West. Take Exit 2A (CR-510 West/Morristown). Merge onto CR-510 West/Columbia Turnpike. At the second traffic light, turn right onto Normandy Heights Rd. MUF is 0.3 miles on the left.

**From West:** Take I-78 East to Exit 29 (I-287 North towards Morristown). Then, follow the "From South" directions above.



## 15th Annual Morristown Women's Festival

### *Forget Perfect:* Living Life on Our Own Terms

June 11, 2005  
8:00 a.m. – 5:30 p.m.

#### **Keynote Speaker:**

**Lisa Earle McLeod**

Inspirational Humorist and Author of  
*Forget Perfect™ -- Finding Joy,  
Meaning and Satisfaction in the Life  
You've Already Got*

#### **Featured Performer:**

**Christine Lavin**

Singer/Songwriter/Guitarist

30+ Workshops  
for Women, by Women

Women's Marketplace

Continental Breakfast and Lunch

Sponsored by **Womanspace**  
of the Morristown Unitarian Fellowship