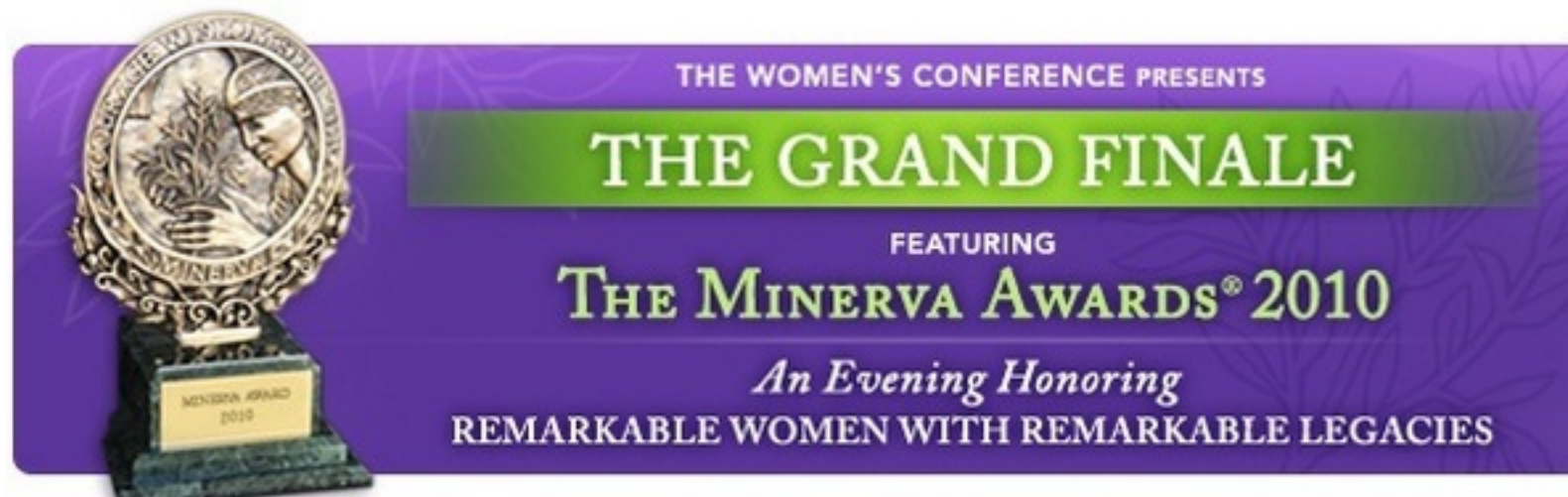


# GREAT NEWS:

## NATALIE CAINE, FOUNDER OF EMPTY NEST SUPPORT, INTERVIEWS

### MINERVA AWARD WINNER, CAROLYN BLASHEK, EMPTY NEST MOTHER



OPRAH WINFREY



SANDRA DAY O'CONNOR



CAROLYN BLASHEK



ORAL LEE BROWN



SISTER TERRY DODGE

## Natalie interviews Carolyn Blashek

I am HONORED to share with you my heart warming INTERVIEW with CAROLYN BLASHEK, Founder of OPERATION GRATITUDE.

She is one of the Minerva Award Winners given by First Lady of California, **Maria Shriver**, remarks by **Mary J. Blige**, Musical Performance by **Sarah McLachlan** at *THE WOMEN'S CONFERENCE* in *LONG BEACH*.

Carolyn will be sitting on the panel with the other four winners this year who are: Oprah Winfrey, Sandra Day O'Conner, Oral Lee Brown, and Sister Terry Dodge

Posted for you to hear for FREE now at  
Empty Nest Support

<http://emptynestsupport.com/conversations-with-natalie/>

Natalie would love to come speak in your community about *LIFE IN TRANSITION*, *WHAT'S NEXT*, as well as speaking engagements for those on the way to emptying their nest or already sitting in the emptiness.

She offers workshops, retreats, and support groups. Call for more information 800-446-3310 toll free or local, 818-763-0188 Los Angeles, CA

Private consultations offered by Natalie for a very reasonable fee, are given on the telephone and locally .

No one needs to go through this transition alone. Join for free her long time active message board, which is a growing community of parents who share their questions and get support from other parents traveling similar questions. Listen and watch FAQ during a live short video on <http://emptynestsupport.com/video-faqs/>

Read her free tips, articles, stories of the month, blogs and photos. Listen to CONVERSATIONS WITH NATALIE <http://emptynestsupport.com/conversations-with-natalie/>

Natalie has been featured in **TIME MAGAZINE, NY TIMES, LIFETIME RADIO FOR WOMEN, LA TIMES, USA TODAY, WASHINGTON POST, BETTER HOMES AND GARDENS** and more media.

She created this service when her daughter was a senior in high school. Her daughter is now a proud college graduate working out of town and happy. Natalie continues to find new passions, new questions, and new insights which unfold during the joys and challenges of this major life transition.

Hope you are enjoying these warm summer days before the big hug goodbye. No one needs to go through this major life transition alone. Some feel it in the first months and others a year later.

Natalie

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