

## Empty Nest Support Upcoming Events

*"Doesn't everything die at last, and too soon? Tell me,  
what is it you plan to do with your one wild and  
precious life?"*

Mary Oliver, Poet "The Summer Day"

What I love about being of a certain age, when the children are out of the house, is my freedom to make choices and permission to change my mind.

I wanted to remind you that if you are attending the TORY JOHNSON, "**SPARK AND HUSTLE**" conference in Los Angeles, February 3-5, I will be there speaking about "**How Do You Turn Your Idea Into Cash**". I would love to meet you there. It is full of fun, experts, and surprises. I am really looking forward to being there.

The flower photo I am sharing with you is from my neighborhood during my evening walk. One client said to me, "It is both soft and strong which I am growing into."

For some of you, it is a year to reconnect with your interests and allow yourself time to play. I can't tell you how many times I hear people share with me, whether in a workshop or private consultation, that they have free time, but often fall into running errands or doing the same entertainment over and over like a hamster on a wheel.

Here's to a month of shaking up your fun and exploring new parts of you. Share with us on the message board, what you discovered or drop me an email, [natalie@emptynestsupport.com](mailto:natalie@emptynestsupport.com) [www.emptynestsupport.com](http://www.emptynestsupport.com)

Have fun,  
Natalie

Featured in **TIME MAGAZINE, NY TIMES, LIFETIME RADIO FOR WOMEN, LA TIMES, USA TODAY, WASHINGTON POST, BETTER HOMES AND GARDENS**

*Change is inevitable. Get Ready. Get Support.  
Life transitions need a hand to hold.*



### Upcoming events for 2011

**February 4-6 Sparkle and Hustle with Tory Johnson, Women for Hire** "How Do You Turn Your Idea Into Cash"

**March 4-6 Hotel Boulderado, Colorado, LIFE IN TRANSITION, NOW WHAT?**

**April 9-16, Red Rock Mountain and Resort, LIFE IN TRANSITION, NOW WHAT?**

**May 14-21, Rancho La Puerta Resort and Spa, LIFE IN TRANSITION, NOW WHAT?**

**June 8-10<sup>th</sup> Private consultations, Philadelphia, PA**

**July 15-17<sup>th</sup> Los Angeles, CA. LIFE IN TRANSITION, NOW WHAT?**

**October 29-Nov.5, Rancho La Puerta Resort and Spa, LIFE IN TRANSITION, NOW WHAT?**

For More Event Information - <http://emptynestsupport.com/events>