



NETWORKING ENTREPRENEURIAL WOMEN OF MARIN



Join Us On February 9, 2021

**Strategies to
Resolve Stress**
with Guest Speaker
Dr. Linda Berry

Stress comes in many forms and oftentimes during unforeseen events throughout a person's life.

There are two types of stress – short term “healthy” stress and long term, unrelenting or “unhealthy” stress. An example of healthy stress might be meeting a deadline at work. Once healthy stress passes you feel relieved and often times a little euphoric. Unhealthy stress, on the other hand, begins to wear on you. You may feel chronically fatigued, or lose interest in things that previously gave you pleasure. This unrelenting, “unhealthy” stress is often destructive and can cause the body, mind and spirit to become sick.

Most of us possess innate mechanisms for resolving stress, however many folks do not have the know-how to access these healing modalities. In this informative talk you will learn and experience how to “turn on” these inborn mechanisms to allow you to resolve stress, resulting in breakthroughs with your business and manifesting greater enjoyment.



Register to attend!

NEWofMarin Sponsored Events

Even though we have many restrictions currently, we still enjoy one another and network! In addition to the monthly networking dinners, members also get together (in normal times) to share a glass of wine, watch films, laugh together at comedy shows, take classes, have clothing swaps, etc.

Please RSVP to Michelle Dennis for all NEWofMarin sponsored events at (510) 220-3892 or micheledennis362@gmail.com

For more event information, visit the **EVENTS** page of newofmarin.com

SAVE THE DATE

Feb 21 ~ Sunday ~ 1:30pm to 4:00pm

Rodeo Lagoon to Beach Loop, Sausalito Headlands



Social distancing, sturdy shoes and masks needed.
Park at Marin Headlands Visitors Center (on Field Rd.)
Easy lagoon trail w/ optional elevated lookout point.
Furry Leashed Friends Welcome.
RSVP Michele: micheledennis362@gmail.com

Member Specials



My Valentine To You!

One FREE advertising graphic, highlighting your unique offering, to share on your website and/or your social media channels, as well as on our NEWofMarin newsletter and Facebook page.

Limited offer through February 21.

suzanna@inspiringpromotions.com

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Time to refresh the ol' Zoom presence?

20% off for NEWofMarin members through February 14.

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Consult includes camera angle, lighting advice, clothing, makeup and hair suggestions. Results guaranteed!

Andrea Devaux - 415-786-6209

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with Ease and Flow!

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Relationships

Release Stagnant Energy
& Cut Cords

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2021 Speaker Dates

Want even more to look forward to?
Visit our Speaker Schedule [HERE](#)

March 9, April 13, May 12, June 9, July 14, Aug 11,
Sept 15, Oct 13, Nov 10, Dec 15 (offsite party)

