

JUNIOR LEAGUE OF FORT COLLINS



EMPOWERING YOURSELF
to Empower Others

SATURDAY, MARCH 27
9:00 A.M. - NOON

SUNDAY, MARCH 28
1:00 - 3:00 P.M.

As women, we do it all. We have careers, families, hobbies, commitments and responsibilities. We are professionals, students, mothers, daughters, sisters, wives, parents, colleagues, caregivers, friends, neighbors, partners, volunteers and more. Some days, we have no idea how we do it. Somehow, it gets done—every day. **But you can't pour from an empty cup.**

To top it off, more evidence mounts every day chronicling the devastating impact the COVID-19 pandemic has had on women. Loss of employment, loss of childcare, loss of loved ones. Working from home, parenting while educating, isolation and depression. It's going to be a long road to recovery for the women in our community. **So let's fill our cups.**

We've gathered a group of outstanding professional women to help you connect, recharge and learn how to be your best self from the comfort of your home. Join us for our inaugural Women's Conference presented by Nutrien.

Featured Presenters



Judge Rosemarie Aquilina on "Finding Balance"



Ashley Cornelius on "Creativity as Self Care"



Teri Karjala on "Be the Magic of You"



Becky Lauridsen on "Guilt Free Self Care"



Elizabeth Martin on "Finding Your North Star"



Ann Neal on "Creating Financial Health for Good"

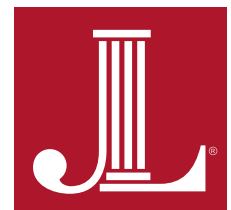
DON'T WAIT. MAKE THE TIME FOR YOURSELF.

RESERVE YOUR SPACE AT
jlfortcollins.org/womens-conference

TICKETS ONLY \$30 EACH

Participants will have access to recordings from all six speakers.

All proceeds benefit important community programs.



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