



**Nurture Your Mind,
Nurture Your Body,
Nurture Your Spirit,
Nurture Yourself...So You May Nurture Others!**

Nurture Yourself 2018

You are cordially invited to attend the Colorado State Foster Parent Association's (CSFPA) "Nurture Yourself 2018" self-care interactive seminar – a special day to honor, enrich and give-back to all those who parent, support and care for Colorado's children in placement.

This unique event will take place on **Tuesday, March 13th** and will be held at the beautiful **Sheraton Denver Tech Center**,
7007 S. Clinton St., Greenwood Village, CO 80112
8:30AM until 2:30PM

Our featured presenter is nationally known standup comedienne and "Ahaha" therapist, **Nancy Norton!** Nancy will be presenting, "**Find Your Ahahaha Moments**" which will be sure to inspire, uplift and make you laugh!

We will be offering several mini self-care experiences including an introduction to acupuncture, breathing meditation, and how to be PRESENT in the moment!

Of course the day would not be "nurturing" without complimentary chair massages, healthful breakfast and lunch and fabulous door prizes.

Don't miss this wonderful opportunity to take care of "you" for a change!

Registration is \$30 for CSFPA members and \$50 for non-members. Price includes 6 hours of interactive self-care experiences, breakfast, lunch, complimentary chair massage and certificate of completion.

This is an adult-only event. - Please be sure to wear comfortable clothing.

Additional information including online registration is available at www.csfpa.org.
Call CSFPA 303-463-7989 or email office@csfpa.org.