



Julie Bowes

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that may benefit)*



JME Insights Presents:
FREE WEBINAR

Thinking from the End to Live a Grateful Life Today

Join us for a FREE Webinar on October 9

Free Webinar

Thinking from the End to Live a Grateful Life Today

by guest presenter **Julie Bowes**

Thursday, October 9, 2014

For family and professional caregivers

Register Online Today by clicking the link below.
Or paste the link into your browser.

Webinar will be 30 minutes in length.

All attendees will be entered into a drawing for a CD by Janet Edmunson, M.Ed.

7:00 p.m. (Eastern)
6:00 p.m. (Central)
5:00 p.m. (Mountain)
4:00 p.m. (Pacific)

Registration Link: <https://www2.gotomeeting.com/register/345091506>

Webinar Description: Join Julie Bowes as she gently and humorously nudges us into action to prioritize a more rich and meaningful life for ourselves and our loved ones.

Thinking from the End encourages the creation of structure and purpose so we no longer take anything for granted or look back with should-haves or could-haves. Allow Julie—holistic coach

and hospice volunteer—to guide you through the steps of enhancing the human experience with clarity, purpose, fulfillment and gratitude by delineating life from an estimated end.

Caregivers and interested attendees will be encouraged to consider the benefits of time constraints, and when placed in close enough view, how we are inspired to make the most of the time that remains. We'll explore living mindfully by:

- Creating a "Bucket List" and a plan of action to achieve ones' desired goals.
- Preparing an advance directive and living will.
- Planning our own funeral including eulogy and meaningful accompanying details.

If you are looking to restore vibrancy to your life and that of your loved one, now is the time to begin.

About Julie Bowes: Compassion is in the spotlight and no one knows this better than Julie Bowes. Julie has served as a Hospice volunteer and is an expert caregiver with over 20 years involvement with the spiritual arts. In July, Julie received the *2014 Caregiver Friendly Award* presented by Today's Caregiver Magazine.

In 2003 - 2004 Julie struggled to stay strong mentally, emotionally, physically and spiritually as she tended to both of her parents end-of-life-care while simultaneously raising her one and three year old children. The creation of *Mindful Movement: Support for the Caregiver & Beyond* was borne from her deep desire to honor her own needs in the midst of challenging conditions in order to serve with the utmost loving presence.

With her passion and heart-centered healing style Julie has the ability to turn fear into love to help the nation in search of a more compassionate tomorrow. To access her DVDs, coaching packages and blog please visit www.JulieBowes.com. Julie lives in Sherman, Connecticut with her husband, two children and chocolate lab named Kola.

Webinar Format: You may participate in one of two ways:

1. The **first** viewing method is via access through the internet. You can view the presentation on your computer and listen via your computer speakers or USB headset connected to your computer.
2. The **second** option would use the internet and a telephone connection, or just the telephone. **Please note: If you use this second option, you may need to pay applicable phone charges from your telephone carrier.**

Once you register, you will receive an **email from Transformation Consortium** confirming your registration with information you need to join the webinar.

System Requirements:

PC-based attendees

Required: Windows® 8, 7, Vista, XP or 2003 Server

Mac®-based attendees
Required: Mac OS® X 10.6 or newer

Mobile attendees

Space is limited and registrations are taken on a first come first serve basis.

For Additional Information: You can contact Janet at janet@janetedmunson.com with any questions you have about participating.