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 ★ **Featuring...** ★
 ★ **5K run/walk** ★
 ★ **Scavenger Hunt** ★
 ★ **Murder Mystery Dinner** ★
 ★ **Multiples Marketplace** ★
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 ★ **Keynote Speakers:** ★
 ★ **Saturday– Twiniversity's** ★
 ★ **Nat Diaz** ★
 ★ **Sunday—Comedienne** ★
 ★ **Karyn Ruth White** ★
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Workshop Set 1: 1030-1130

Bean Sprouts: Join Kelly Parthen, owner of Bean Sprouts Café, a healthy cafe designed for kids. Parthen wrote a cookbook called "Bean Appetit" that showcases some of the recipes that give kids a chance to get involved in making better food choices and will lead attendees in making a fun and healthy snack. www.beansproutscafe.com

Art of the Spark: Join Romantic Adventurer Mary Zalmanek, who knows how to help you put the spark in your relationship. Parenthood creates many obstacles for romance and fun. This workshop shows how to overcome these obstacles with simple ways to express love to your spouse and children. Children thrive when they see their parents in healthy, loving relationships. www.adventuresoftheheart.com

Crossroads Financial Planning: Join Becky Johnson from Crossroads Financial. She is a financial coach who provides financial planning and coaching for individuals and families. What does Financial Peace look like for families of multiples? The ability to stay home with the kids? Saving for college? Come learn the importance of applying Financial Peace principles in 2011 and beyond. www.coachbeckyj.com

Workshop Set 2: 1:45–2:45

Clutter Cutters on Organizing Your Space: Raising multiples demands organization. Join Certified Family Manager Coach Cari Pemberton for tips to create a happy, organized home. Efficient home and family management has never been more important. Cari will give you tips on how to: Conquer clutter, get organized and maximize space ASAP, bring sanity to a chaotic daily schedule, find time for personal development, and make home a place of rest and refreshment from the world's chaos. Cari can help busy moms and their families achieve their personal goals for their home and family so they can enjoy life's blessings and opportunities to the fullest. www.thecluttercutters.net

Kid Power: Kid Power teaches children how to be safe without scaring them. They will be doing a workshop to help teach parents how to introduce everyday safety skills and guide adults in practicing these skills together with their children. This workshop helps parents teach their children safety skills in a fun, experiential way. www.kidpowercs.org

New Moms: Join Carol Kryder, family therapist, for an open forum about post-partum depression, she will help with identifying the symptoms and talk about the different treatment options. A good portion of this workshop will be dedicated to a question and answer session. www.carolkryder.com

Workshop Set 3: 3:15-4:15

Bargain Shopping by Clutter Cutters: Raising multiples demands smart shopping. Join Certified Family Manager Coach Cari Pemberton for tips to find bargains anywhere you shop. Cari can help busy moms and their families achieve their personal goals for their home and family so they can enjoy life's blessings and opportunities to the fullest. www.thecluttercutters.net

Personal Literacy: Join STORM member Marla Caviness French, she is a middle school teacher/librarian in Jefferson County whose passion is finding good books for kids and parents. Do you hide out in the bathroom to read a few more pages in your book? Have you been late to something important because you HAD to find out what was going to happen next in your novel? If you love to read (or even if you don't), come on in and talk books with us in this interactive session. Discuss great books, bad books, the best magazines, informative newspapers, online forums, and how your love of reading positively influences your children.

De-Stress not Distress: Join CSPOMS member Kelly Ihme, who specializes in helping active duty military members and their families handle stress. Are you stressed? Ha ha, that's a silly question for parents of multiples. Of course we are! So how can we work with stress to be more effective and happier people? Come learn about stress, how to dilute or eliminate stress responses and improve your mood with a few simple techniques.

Extreme Makeover, Club Edition: Join our keynote speaker Nat Diaz in this specialized workshop for parents of multiples club leaders and potential leaders. www.twiniversity.com

