

FOR IMMEDIATE RELEASE

Contact: Anne-Marie Nichols, MOMS Club® of the Tri-Town Area
303-833-3301 – amnichols@mesanetworks.net

MOMS Club® of the Tri-Town Area November Monthly Meeting to Feature Guest Speaker Gloria Foster

Tri-Towns, Colorado — October 13, 2005 —The MOMS Club® of the Tri-Town Area invites the public to their monthly meeting on Wednesday, November 16, 2005 at 9:30 a.m. at the Rinn Church at 3783 WCR 20 in Frederick, Colorado. The meeting features guest speaker Gloria Foster who will speak about simplifying and organizing your life.

Gloria Foster has a mission to help women simplify and organize their lives so they have more time and energy for the things they love. “Simplifying is an ongoing process,” she says. “As we live by our values and set priorities, we and our loved ones can have the best of life, health, and joy.” She speaks from experience, having raised four children while working full-time in both corporate and academic settings and assisting her artist husband, Don with his business.

Gloria earned her degree in Organizational Leadership from Biola University in La Mirada, California, has led workshops on time management and life balance, and published articles on these and related issues. “The satisfaction is the same for me whether I am helping an executive set up her filing system or organizing her pantry. I just like helping someone simplify a part of her life.”

She shares her tips and techniques in her new book, “Simplify One Day at a Time: 365 Ways to Simplify, Organize, and Balance Your Life.” Copies will be available for purchase at the meeting or can be ordered by calling 720-560-2370.

Gloria enjoys living near her son Greg, daughter Sharon, and their families in Firestone. “I *have* to stay organized,” she adds “so I have plenty of time to play with my grandchildren!”

MOMS Club® of the Tri-Town Area is a member club of the International MOMS Club®, and serves the Tri-Town area of Frederick, Firestone, and Dacono, Colorado. Membership is open to stay-at-home moms with school-age children living in the Tri-Town area. For more information, please go to our website at www.tritownmomsclub.org.

#