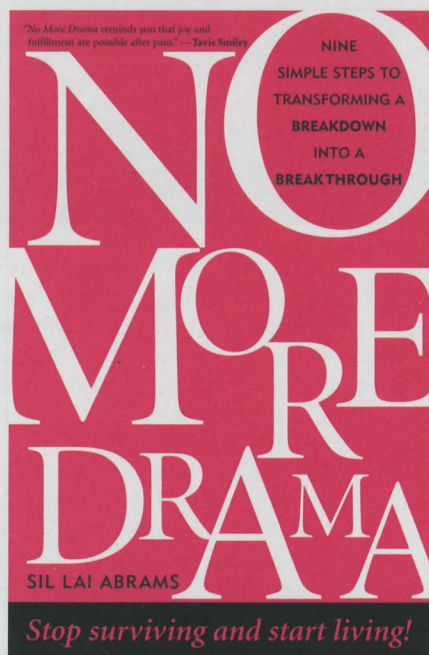


YOU'RE INVITED TO THE NEXT EVENT

# SISTERSPEAK® LUNCHEONS

PRESENTED BY EBONY MAGAZINE AND THE MAKERS OF PINE-SOL® CLEANERS



**This enlightening luncheon series** celebrates the unique sisterhood of African-American women. At each event, inspirational speakers share words of wisdom and encouragement, and provide guidance to empower the lives of every woman in attendance.

**Sisterspeak® Luncheons Series continues with:**

## **Stop Surviving & Start Living!**

**Nine Steps to Leading an Inspired and Authentic Life**

**Hosted by:**

**Sil Lai Abrams**

**Author and empowerment specialist**

**June 20, 2009**

**Detroit**



**Sil Lai Abrams** will discuss how to identify the main roadblocks to inner peace and practical steps to achieving self-awareness and self-acceptance. She'll also offer tips on how you can experience personal fulfillment by using a focused action plan. In addition, this event will include information on organizations making a Powerful Difference™ in your community and how you can get involved.



Men's Fitness magazine relationship expert Sil Lai Abrams is the author of the critically acclaimed book, "No More Drama: Nine Simple Steps to Transforming a Breakdown Into a Breakthrough," and is the creator of the revolutionary nine-step Self Empowerment Principles in Action (SEPIA) process. An insightful and engaging media personality, Abrams is sought out as an expert on relationships, suicide and depression. For more information, visit [www.sepiaprocess.com](http://www.sepiaprocess.com).

For more information, including time, location and how to register for this FREE event, log on to [EBONYJET.com](http://EBONYJET.com) or call (800) 530-9636. Space is limited to the first 350 registrants. Look for information about future Sisterspeak® Luncheons in upcoming issues of EBONY magazine.

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