



# Nurturing the Nurturer

## A Unique Program For Nurturers

*“The capacity to care is what gives life  
its deepest significance.”*

**Pablo Casals**

For those who minister to and nurture others, no question is more important than ... **“WHO will take care of them if you don’t take care of YOU?”** This inspiring presentation drives home the wisdom of the flight attendant — “Put YOUR oxygen mask on FIRST!” With original songs and personal stories, StoweGood provides gentle instruction in the all-important art of Self-Care, and leaves those who minister to and nurture others feeling appreciated and empowered.

*“Fasten your spiritual seatbelts for an unforgettable trip – one which  
includes belly laughter, tears, gratitude and amazement.”*

**Rev. Carole Mahaffey, Senior Minister, UCOM, Louisville, KY**



Grammy-nominated songwriter **Karen Taylor Good** and award-winning author and cancer survivor **Stowe Dailey** are StoweGood! From the National Hospice Foundation and American Business Women's Association to Lions Clubs International and a recent TEDx Talk, **StoweGood** energizes their audiences with a unique speaking style and powerful songs, which never fail to inspire and motivate.

# Nurturing the Nurturer PROGRAM

- 🌱 Recognizes the importance of what caregivers do for the world and helps them see themselves as the 'life angels' they really are
- 🌱 Provides simple ways to refresh the caregiver's spirit – when they need it most
- 🌱 Awakens the caregiver to new strategies for self-care
- 🌱 Gives the ministry professional permission to meet their own needs, too.

**Tuesday, September 26, 7:00 to 9:00 pm**  
**At the Eastern Region**  
**Fall Renewal Conference**  
**Ashworth by the Sea, Hampton Beach NH**

If you are already registered for the whole conference, your registration cost is covered by your conference registration.

If you would like to attend this workshop as a stand-alone session, your cost would be \$50.

Please register online by Thursday, September 22 at [www.unityeasternregion.org](http://www.unityeasternregion.org)



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