



CHANGE YOUR EQUATION AND REIGNITE YOUR LIFE

Lori Schaefer, Keynote Speaker

Saturday, November 10, 2012 at 5:30 PM
Surfside Lakeside Ballroom

5:00-5:30 p.m. Wine & Cheese Reception/Seating

5:30-6:30 p.m. Keynote Speech, Q&A with Lori

Join us Saturday evening at 5:30 p.m. for a fun and inspirational talk with Lori Schaefer, marketing entrepreneur, lover of life, life transformation coach and the July 2012 style makeover for Minnesota Monthly's style team. Whether you're going through one of life's many transitions, a complete transformation like Lori or just trying to find a little balance in life, this is one event you won't want to miss!

Two years ago, Lori's life was completely out of whack. She was unhappy, overweight, working too much and taking care of herself too little. When her personal life hit an all-time low and the scale hit an all-time high, Lori set out on the journey of her life. Over the next 18 months, she completely transformed her life, put herself back in the equation and lost over 200 pounds in the process.

With the same optimism, sense of humor and steadfast determination that were the trademarks of her transformation and stunning weight loss, Lori will help you find the spark you need to put yourself back in the center of your own equation.

Make sure to come early for a chance to sip and socialize at our wine and cheese reception catered by Coho Café & Bakery!

Pre-registration recommended but not required.

