

NO WHINE
ALLOWED!

MANIC MOMMIES ESCAPE

November 6 - 8, 2009 | Embassy Suites | Napa Valley, California



Schedule of events

Friday, November 6th

- 4:30pm REGISTRATION OPEN**
Fountain Courtyard
- 5:30pm MANAGER'S RECEPTION**
Lobby Bar (free drinks + snacks!)
- 8:00pm LIVE COMEDY PERFORMANCE**
Chardonnay Ballroom
- “One Funny Mother: I’m Not Crazy” is an uproarious, truthful look at the daily life of the American woman.
- Dena’s comedic perspective on marriage, motherhood and the unrealistic perfection that is thrust upon women is hilarious.
- Before the show make sure you taste the night’s signature drink – Dove chocolate martini!

Sponsored by Dove Chocolate Discoveries

Saturday, November 7th

- 7:00am-10:30am EMBASSY SUITES BREAKFAST**
Enjoy a cooked-to-order breakfast on your own or with friends.
- 8:00am to 12:30pm CHEVY JOY RIDES**
Grab the keys and go! Explore the immediate Napa area in a new Chevy.
- SOY JOY TASTE TESTS**
Stop by the Soy Joy tasting cart to pick up a free sample and learn more about the benefits of soy.
- 8:45am MAMA GROOVE**
Chardonnay Ballroom
- Join Darcy Novo-Albrecht of Lullaby Exercises for a fun-filled 45-minute high energy "groove" class to get you moving. Sneakers optional!

Saturday, November 7th *continued*

- 9:15am-10:30am I WAS A REALLY GOOD MOM BEFORE I HAD KIDS**
Chardonnay Ballroom
- After the births of their first children, Trisha Ashworth and Amy Nobile, made a discovery. Motherhood is hard, but no one was talking about it. Five kids and three best-selling books later (including “I Was a Really Good Mom Before I Had Kids” and “I’d Trade My Husband for a Housekeeper”) the women are sharing the tools and perspective they’ve gained on how to be a happier mom.

Sponsored by Soy Joy

- 10:45am-12:00pm MOM U. TABLE TOPS**
30-minute, hosted table-top chats. Sign up at registration (you’ll have time to attend two).
Cabernet and Sauvignon Rooms
- Manic Mommies Book Club with “The Wednesday Sisters” author Meg Waite Clayton (*10:45 only*)
 - Enhancing Your Digital Life
 - Time Management 101
 - Sibling Fun for Toddlers
- 12:30pm DEPART FOR VINEYARD TOURS**
Meet in Lobby
- Don’t forget to pick up snacks from Dove and Soy Joy, as well as your free Joey Totes!*
- 4:30pm RETURN TO HOTEL DINNER ON YOUR OWN**
- 8:30 pm LIPSalooza Sing-a-long party**
Chardonnay Ballroom
Come sing your heart out and enter for great prizes – including two Xbox 360/ Lips gift packs!

Sponsored by Lips & Xbox

Schedule of events

Sunday, November 8th

7:00am-10:30am **EMBASSY SUITES BREAKFAST**
Enjoy a cooked-to-order breakfast on your own or with friends.

7:45am **MAMA GROOVE**
Chardonnay Ballroom

9:00am **SEARCHING FOR SIBLING HARMONY**
Chardonnay Ballroom
Identical twin sisters Heather Kempskie and Lisa Hanson, authors of "The Siblings Busy Book," explore the joys and challenges of raising siblings and explain how to create harmony among your kids once and for all. (Believe it or not, they'll even clarify how your own experiences as a sibling impact how you're raising your children).

10:00am **TEXTS, TAGS & TWEETS, OH MY: DEMYSTIFYING ONLINE SOCIAL TOOLS FOR PROFESSIONAL & PERSONAL GAIN**
with Intel's Kelly Feller
Chardonnay Ballroom

Now that Oprah has discovered Twitter, social sites like MySpace, Facebook and LinkedIn are no longer merely teen trends but are indeed changing the way we connect with family and do business online. However if you're still dazed and confused by the myriad and seemingly endless list of these social sites you're not alone. This session will cover some basics on the growing list of online social tools including some best practices to help you gain confidence in using them to your benefit. Whether you're a beginner or a master social networker, this session will offer tips

Sunday, November 8th *continued*

on how to use these cool tools to enhance your professional & personal life. Come with questions because, like the tools themselves, this session will be social.

Sponsored by Intel

11:15am **OUTSMART YOUR PICKY EATER**
Chardonnay Ballroom

The Meal Makeover Moms, Janice Newell Bissex and Liz Weiss, serve up tips, tricks, and recipes designed to bring better nutrition to the family table. If a green vegetable has never passed your child's lips, if you've become a short-order cook, or if mealtime complaints have sent you off the deep end, this is the session for you.

Liz and Janice, dietitians and moms share their best-kept secrets for putting the kibosh on mealtime moans and groans. They also identify the foods kids should eat more and less of and prepare a veggie-filled recipe your kids are sure to love.

Sponsored by Cabot and Coleman Natural Foods

12:30pm **See you next year!**



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