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**Healing Empowerment**

Erie business owners to host women's symposium

By Chalan Harper  
 Colorado Hometown Newspapers

For women playing so many diverse and valuable roles — mother, wife, daughter, caretaker — life can often get increasingly stressful and difficult each day and can even cause loss of joy in favorite activities.

These are exactly the issues a group of Erie women business owners want to help other women solve.

By hosting a women's symposium, the group plans to arm fellow women with tips, resources and information to manage life and stress levels successfully.

The free symposium, "10 Steps to Health, Happiness and Financial Security," will take place from 6-8:30 p.m., Thursday, Feb 21, at the Erie Community Center, 450 Powers Street, Erie.

Psychologist Stephanie Smith, attorney Susie Germany, insurance specialist Jeannie Hulse and financial planner Julie Gunkel will offer their knowledge and expertise to interested women, but are looking for nothing else than to motivate other women to be successful, healthy and happy in their lives, Smith said.

"It's not a sales workshop," Smith said this week. "We're hoping after women come to the seminar they will be ready to go, be excited, be motivated and know exactly what to do to be more prepared."

Smith, a co-founder of the Erie Front Range Psychological Associates, said in her everyday experiences working with women, she sees a lot of stress and anxiety about an array of issues, ranging from time management to getting out of debt and planning ahead.

"Obviously, we can't escape the news — the economic news in our country is not great right now," Smith said. "Women, like men, are dealing with layoffs and declining home prices, inability to sell their homes and that sort of thing.

"I think women are in a unique position — we're the ones that have children ... it's puts us in a unique position financially and professionally and (women) need to take some extra steps that men don't necessarily need to take," Smith added.

The symposium will begin with each of the presenters talking a little about their profession and their own lives, though Smith said the symposium won't be a lecture.

"It's going to be a fun event," Smith said. "It's not sitting through two-and-a-half hours of lectures. We as women don't often take care of ourselves. We want it to feel fun and like a treat for women."

Each participant will be invited to ask all the questions they like of the presenters and will be sent home with a binder full of resources and quick tips on managing stress and the general chaos of everyday life.

"We want women to feel empowered that they have the skills and tools necessary to take

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Erie businesswomen Jeannie Hulse, Stephanie Smith and Susie Germany will host a women's symposium, "10 Steps to Health, Happiness and Financial Stability," on Thursday Feb. 21 in Erie.  
 Submitted Photograph

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- Boulder County Issue 1B (Worthy Cause Tax Extension)?
- Louisville Issue 2A (Historic Preservation Funding)?
- Lafayette Issue 2A (Fire Department Funding)?
- St. Vrain Valley School District Issue 3A (Mill Levy Increase)?

care of themselves financially,” Smith said.

The event is free, but reservations are required to attend.

For more information, or to make a reservation, call 303-828-4002 or e-mail Jeannie.Hulsej68c@statefarm.com.

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