



National Conference
Normal, IL | March 16-17, 2012

Main Sessions

Gathering with thousands of moms, Hearts at Home main sessions are high energy opportunities to laugh and learn. Through drama, music, and speakers who understand the real challenges of motherhood, you'll find your vision refreshed, your heart full, and your perspective transformed. Main sessions will take place at the beginning of your conference day and immediately following your workshop breakouts.

Michelle Duggar

Michelle Duggar is a reality TV star, a licensed real estate agent, homeschooling mom, New York Times Best Selling author, and speaker. Most importantly she is the wife of Jim Bob and the mom to 19 children. Michelle and her family have a weekly TLC reality show, "19 Kids and Counting," that airs around the world. The Duggars' desire is to make Christ known and for others to see that the Bible is the owner's manual for life. www.duggarfamily.com

Dr. Juli Slattery

Dr. Juli Slattery is a wife, mother, author, speaker and Christian psychologist. She's in the trenches of family life, knows the challenges you face and shares her wisdom with large doses of humor. Juli is the family psychologist at Focus on the Family, and co-hosts the daily broadcast. Juli, her husband Mike, and their three boys live in Colorado Springs. www.focusonthefamily.com

Moms Night Out

Join us Friday evening for quality Mom time! This fun-filled event will feature music, comedy, lots of laughs, plus a surprise or two. Don't miss out on this incredible evening together. Gather your friends and go!

321 Improv

321 Improv Comedy will bring tears to your eyes, a pain to your side and they'll make your face ache with laughter! An evening with 321 Improv is unlike any you've been a part of before. It is a unique interactive comedy experience. Each show, the three guys in 321 Improv instantly turn audience suggestions into hilarious scenes. No two shows are the same! Since the group was formed in 2004, 321 Improv Comedy has been in high demand for events across the United States and Canada. They've performed in more than 40 states and 4 Canadian provinces for over a half million people.

www.321improv.com

Friday Moms Night Out:

| | | |
|----------------|-----------------------|--|
| Check-In | 6:30 p.m. - 7:15 p.m. | Illinois State University Bone Student Center Ballroom |
| Moms Night Out | 7:30 p.m. - 9:30 p.m. | Illinois State University Braden Auditorium |

Moms Night Out Details:

A Moms Night Out ticket may be added to your One Day Conference registration for \$10.

If you would like to attend Moms Night Out without a conference registration, a ticket may be purchased for \$15 (based on space availability).

- To purchase Moms Night Out tickets only call (309) 828-MOMS.
- A Moms Night Out ticket is included with a Conference PLUS! registration.

Workshops

This is your opportunity to focus on you! Select your workshops based on your life and what you need. Please choose your top ten workshops on the registration form in order of your preference. The pace of your day is up to you and is determined by your lunch choice: you can attend three workshops and have a 2 hour lunch break or you can attend four workshops and have a 40 minute lunch break.

Linda Anderson

Linda Anderson loves encouraging moms. Her warmth, humor, and passion for God are contagious. Founder of Mom to Mom Ministries, she is the author/teacher of a three-year DVD curriculum for Mom To Mom: *Heart Talk on What Really Matters, Growing Together, and Inside Out Parenting*. Linda and her husband, Woody, live in Brookfield, Wisconsin, and have three married children and six-plus grandchildren who live in New Hampshire, Florida, and Dublin, Ireland. www.momtocom.org

101 - In the Middle of the Muddle: What Matters and What Doesn't?

You're a multi-tasking mom, but you can't do everything. You want to be intentional, but most days are more sheer survival than mission parenting. How do you keep your focus, order your priorities in the middle of this mom-marathon? Linda will help you:

- Draw wisdom from a Biblical picture of a race for your own mom-marathon.
- Identify what doesn't matter so you can focus on what does.
- Make your own list of "Things I Don't Do" so you can focus on "Things I Do."
- Free yourself up to enjoy your kids—and your life—even in the middle of the muddle.

102 - Top Ten Messages You Want Your Kids To Get

Can you hear me now? How often do you talk with your kids and wonder if they hear anything at all? The signal's not always that strong—and there's plenty of interference on the lines. How can you be sure they're getting the messages you're sending? And that you're communicating what matters most? Linda will help you:

- Recognize factors which may cloud communication.
- Identify basic Biblical messages your kids need to get.
- Learn creative ways to get these messages across.
- Create your own checklist of Top Ten Messages You Want Your Kids to Get.

Julie Barnhill

Julie is all about helping spiritually hungry women know and follow hard after Jesus. She has authored twelve books, *She's Gonna Blow, Real Help for Moms Dealing with Anger, Raising Kids with Love & Limits, Confessions of An Imperfect Mother* and is a frequent contributor and radio guest with Focus on the Family and Family Talk with Dr. James Dobson. Julie and her husband, Rick, are the parents of three children and reside in Galesburg, Illinois. www.juliebarnhill.com

103 - Confessions of An Imperfect Mother

We all make mistakes, occasionally handle situations poorly, and have times when we're not at our best. Julie speaks with personal candor and reveals how you can beat the self-reproach (translation: "I'm such a loser at this!") which plague moms. Julie will help you:

- Acknowledge what you've done right.
- Cast off false guilt and let God redeem your imperfect moments.
- Handle the "coulda, woulda, shoulda" dilemma.
- Understand what expectations for your kids are reasonable and toss the rest!

104 - Friendship Mom Vows: In Laughter and In Tears, Through Toddlers and Through Teens

It's time to sit back, exhale, and spend some time laughing together as Julie highlights the extraordinary need we all have for friendships that go the mothering distance through good times and bad, in colic and in croup, in the midst of adolescent angst and empty nest fears.

- Relax and experience the power of laughter-induced endorphins (we're going to laugh, girls!)
- Identify your friendship mom strengths and learn how you can best serve others with them
- Practice and extend on-site workshop encouragement.
- Embrace power of social-media for long-distance friendships.

Shari Braendel

Considered America's most popular Christian Fashionista, Shari Braendel believes the reason most women don't feel confident in how they look and dress is because they've never been taught how. The author of *Good Girls Don't Have to Dress Bad*, she speaks most weekends somewhere in the US helping women of all ages see themselves as beautiful while teaching them the how-to's of putting

themselves together. She is wife to Dave, mom to Luke and stepmom to adult triplet stepdaughters. She resides in Charlotte, North Carolina. www.fashionmeetsfaith.com

106 - Frumpy to Fabulous in 30 days!

Have jeans and t-shirts become a way of life and you've simply put yourself on the backburner? Take time for yourself and join us at this fun, interactive workshop and you will:

- Gain wisdom for dressing your body shape.
- Discover the best colors for your clothes and makeup.
- Understand basic guidelines for dressing from head to toe.
- Go from frumpy to fabulous with Shari's 30 day plan.

107 - What's Your Style?

Pure Natural, Classic Modern, Style Fashionista or Creative Original. Join us on a search for your individual style and have fun doing it! Ain't got Style? We'll find one for you!

- Claim the unique style that applies to you.
- Identify the correct size for your accessories, handbags and prints.
- Learn how to accessorize with the 16 point rule.
- Watch and learn from an instructional fashion show.

Marla Cilley "The Flylady"

Marla Cilley aka "The FlyLady" is the bestselling author of *Sink Reflections* and *Body Clutter*, founder and host of the popular website www.FlyLady.net. With her southern charm and inspirational emails, FlyLady has become a mentor to those living in CHAOS (Can't Have Anyone Over Syndrome) and clutter. The FlyLady email group has 800,000 plus members from around the globe and grows by thousands each month.

108 - Are You Living in CHAOS?

Are you living in CHAOS? (Can't Have Anyone Over Syndrome). Do you feel overwhelmed, overextended, and overdrawn? Hopeless and you don't know where to start? Come join Marla Cilley, a.k.a. "The FlyLady," as she weaves her way through housecleaning and organizing tips with homespun humor and daily musings about life and love.

109 - If Momma Ain't Happy

Join Marla Cilley, The Flylady as she helps you to "FLY". FlyLady's system will help you get rid of your clutter and CHAOS and teach you how to:

Finally
Love
Yourself

Dr. Rachel Dalton

Dr. Dalton is an OB/Gyn that is in private practice in Bloomington/Normal, IL. She has a special interests in preventative care, adolescent gynecology, and breast health. Besides her medical practice, she is a married mother of three children, Micah, Jude, and Miriam.

110 - Nutrition 101: Back to Basics

Do you ever let your own nutrition slide as you meet the needs of your family's busy schedule? Would you like to add energy into your life through your diet? Dr. Rachel Dalton will help you:

- simplify nutrition for your busy lifestyle.
- heal unhealthy relationships with food.
- provide healthy family recipes (tested in her kitchen on picky palates).
- walk through easy habits to lead to a healthier life TODAY.

Michelle Duggar

Michelle Duggar is a reality TV star, a licensed real estate agent, homeschooling mom, New York Times Best Selling author, and speaker. Most importantly she is the wife of Jim Bob and the mom to 19 children. Michelle and her family have a weekly TLC reality show, "19 Kids and Counting," that airs around the world. The Duggars' desire is to make Christ known and for others to see that the Bible is the owner's manual for life. www.duggarfamily.com

111 - Practical Parenting Tips

Michelle will share many practical tips and parenting principles she has applied while raising one of America's largest families. She will discuss topics such as choosing to talk with a soft voice, praise your children ten times more than you correct them, and leading your children to love God and serve others.

Brenda Garrison

Brenda Garrison is an author and speaker who empowers women with the confidence to live their calling. Brenda is the author of *Queen Mom: A Royal Plan for Restoring Order in Your Home*, *Princess Unaware: Finding the Fabulous in Every Day*, and *He's Not a Mind Reader*. Brenda and her husband, Gene, have three daughters and live near Metamora, Illinois. www.brendagarrison.com

112 - Three Keys to Healthy, Drama-Free Relationships

Women are hardwired for relationship. But many times instead of blessing us, our relationships drive us crazy! The problem is we do not do relationships like Jesus did. Brenda will help you:

- Break the urge to constantly please others.
- Speak honestly and lovingly to others—no more "white" lies.
- Experience freedom and joy in satisfying friendships.

113 - When Our Kids Make Decisions We Don't Agree With

Our kids are sure to make decisions we don't agree with—preferences, immoral, illegal. Parents struggle to respond in a way that will build relationships not walls. Brenda will help parents:

- Build a bridge to their child, and then build the best relationship possible.
- Have positive influence in their child's life.
- Experience peace and freedom from guilt.

Jami Kaeb

Jami Kaeb has an enthusiasm and passion for the Lord that spills over onto those she meets. She shares from her life with authenticity and humor in a way that others relate to. Jami lives in Bloomington, Illinois with her husband, Clint, and their six children. She is also the founder of The Forgotten Initiative, which serves the foster care community.

www.lifewithapersonalgod.blogspot.com

www.theforgotteninitiative.org

114 - Everyone Has a Story

In our Facebook generation, it is easy to make assumptions based on what we see in a picture or read in an update and because of our own insecurities we may find ourselves judging others. But what if we could see others through the eyes of Jesus? In this message Jami will help you to:

- Understand who you are to God.
- Find freedom from insecurity and comparison.
- Extend more grace to others and see them in a whole new way.

115 - What To Do When God Says "Wait"

When Clint and Jami Kaeb began the domestic adoption process, their desire was to adopt a healthy infant, but God had a different plan. He allowed them to enter a season of waiting, resulting in an emotional journey that ultimately transformed Jami's life. This is her story of faith, fostering, and the forgotten. Jami will share the lessons she has learned in the waiting and encourage you:

- To gain perspective as you face painful realities in your waiting.
- To find faith that is greater than your fears.
- To search for the hidden treasures in your waiting season.

Anita Lustrea

Anita Lustrea is the Executive Producer and co-host of the award winning radio program, Midday Connection on the Moody Radio Network. Anita is a popular conference and retreat speaker and author. Her latest and most personal is *What Women Tell Me: Finding Freedom from the Secrets We Keep*. Anita, her husband Mike, and son, John, live in the western suburbs of Chicago, where she can often be found at her local Starbucks enjoying hot tea, a scone and reading a favorite book. www.anitalustrea.com

116 - Connecting in Community

We are made for relationships, hard wired for them. Yet if you ask the average woman if she is happy with the number and depth of her relationships she'll say no. Why such disconnection when we seem to have such connection through email, cell phones, Facebook, and Twitter? Anita will help you:

- Know why you're disconnected.
- Be more confident in initiating relationships.
- Discover who safe people are.
- Understand the importance of mutuality in friendships.

117 - What Women Tell Me

Anita Lustrea has been with Moody Radio for 27 years and for the last 12 she's been talking with women on her national award winning radio program "Midday Connection". What she's heard from women matches her own story, sometimes word for word. Anita will touch on the major hot button issues women face and help you:

- Know you're not alone.
- Deal with a spouse who struggles with pornography.
- Face your issues with body image.
- Learn how to help a friend who is in a domestic violence situation.
- Be encouraged if you are a single mom.
- Walk into the fullness of who God created you to be.

Marianne Miller

Marianne Miller loves to talk about money. She is a Crown Financial Ministries counselor, a Certified Parenting Instructor, and a She Speaks graduate. She lives in Zionsville, Indiana with her husband of 23 years, Andy, and their three grateful sons and one son learning to be grateful. www.mariannemiller.com

118 - Get a Grip on Your Finances

Does the thought of personal finances make you cringe? Do you feel guilty any time you spend money? Do you have financial goals, but you are not quite sure how to achieve them? Join Marianne as she presents a non-threatening discussion of the serious topic of personal finances and provides a behind-the-scenes look at "The Jones." Gain specific strategies that will enable you to get a grip on your finances. You will learn to:

- Develop a family spending plan that works.
- Recognize budgeting pitfalls and other money myths.
- Plan successfully with your spouse.
- Apply Biblical principles to spending, savings, and debt reduction.
- Outline a specific strategy for debt reduction.

119 - Raising Grateful Kids in a Culture of Consumerism

Raising grateful children in our culture today is challenging. It seems that bigger is better and you can never have quite enough of anything. By recognizing the role of materialism and by purposefully equipping our children with Biblical financial wisdom, we can have children who are content and who are also wise stewards of their resources. In this session you will:

- Recognize the power of a nurturing mother in curbing materialism.
- Learn to help your child define "enough."
- Be provided with specific strategies for everyday occurrences that will lead children to a healthy attitude toward money and possessions.
- Laugh out loud at real stories of success and failure in this area.

Sabrina O'Malone

Sabrina O'Malone, best-selling author of *Moms on the Job*, is the founder and President of WorkingMom.com - an online powerhouse helping over a half a million families a year save time, energy, and money. She's an entrepreneur, homeschooling mom of six and former Mrs. America Pageant Contestant (long story) who works full-time with her husband, Daniel, in Dover, Delaware.

www.workingmom.com

120 - 7 Secrets for Success at Home and at Work

Learn the secrets of how successful working moms give 100 percent on the job and 100 percent to their families simultaneously. Viable solutions, practical tips to save time energy and money, (not to mention your sanity) presented in an engaging, nurturing and affirming presentation. Improve your life by learning and implementing the best practices of experienced, successful working moms.

121 - Encouragement for Overworked Working Moms

If you're an overworked, over-stressed minivan mom and you're nearly at the end of your rope, this informative workshop is for you. Finally, some encouragement, inspiration and mentoring with practical tips to renew your strength and revitalize your spirit.

MariLee Parrish

MariLee is the founder of Mommy Bag Marketing, Inc. and the Christian Moms Business Resource. She has authored multiple books and her most recent title is *50 Ways to Improve Your Relationship With Your Husband*. She currently resides in northern Colorado with her husband, Eric, and 2 young children. www.marileeparrish.com

122 - 50 Ways to Improve Your Relationship with Your Husband

Every marriage needs a lift once in awhile. The relationship you started out with can look a lot different a few (or many) years down the aisle. With insights from her recent book, MariLee shares how to:

- Center your marriage on Christ.
- Improve communication with your husband.
- Get help connecting emotionally.

- Amp up the romance.
- Fall deeper in love with your husband every day.

123 - Tried and True Ways to Earn Money from Home

Do you feel like you have no choice but to work 9 to 5 to pay the bills? Do you wish you could make a steady income, but stay home with your kids? MariLee Parrish will share:

- How to find a legitimate work-from-home job.
- Home-based business ideas that work.
- Realistic expectations and practical advice for working from home.
- Resources and tips to help you get started.

Laura Petherbridge

Laura is an international speaker and author of *When "I Do" Becomes "I Don't"—Practical Steps for Healing During Separation and Divorce*, and *The Smart Stepmom*. She has been featured on Focus on the Family, Family Life Today, Moody Broadcasting, Marriage Partnership and Crosswalk.com. Laura has two grown stepsons and resides in Summerfield, Florida with her husband, Steve.

www.thesmartstepmom.com

124 - The Smart Stepmom

When the honeymoon ends a stepmom quickly realizes that "The Brady Bunch" was a fairy tale. After 25 years as a stepmom, Laura reveals how to:

- Embrace realistic expectations.
- Recognize common causes for isolation and loneliness.
- Distinguish when Dad feels stuck in the middle.
- Survive the financial strain of a stepfamily.
- Obtain a healthy relationship with the former wife.

125 - Thriving as a Single Parent

Single parents can raise great kids! Learning to overcome fear, guilt, and anger are the key steps to creating a stable and healthy home. Laura shares how to:

- Tell your kids the truth.
- Prevent the child from self-blame.
- Choose words that heal rather than harm.
- Co-parent alongside someone who is addicted, unreasonable or negligent.
- Understand a child's perspective on new relationships.

Lorraine Pintus

Lorraine is an international author, speaker, and writing coach. She is co-author of three best-selling books on God's perspective of sex: *Intimate Issues*, *Gift-Wrapped by God*, and *Intimacy Ignited*. Her newest book is *Jump Off the Hormone Swing*. Lorraine and her husband, Peter, have two grown daughters. They live in Colorado Springs, Colorado, where they enjoy playing pickleball.

www.lorrainepintus.com

www.intimateissues.com

126 - Jump Off the Hormone Swing

You want to be a godly mom, but several days a month wacked-out hormones make you want to smack everyone you see with a Costco-size bottle of Midol. Lorraine offers:

- Tips to help you feel better Physically, Mentally, and Spiritually.
- Insight on how hormones influence energy and emotions.
- Ten benefits (yes, BENEFITS!) of PMS and peri-menopause.

127 - Three Gifts of Sex

Three gift bags. Inside each is something startling that will transform your intimacy with your husband. Lorraine answers questions like:

- How can I enjoy sex when I don't like my body?
- How can sex go from "exhausting" to "exhilarating?"
- Why don't I give myself permission for passion?
- What three lies hinder sexual passion?
- What secret can keep the passion burning forever?

Jill Savage

Jill Savage is one of today's most exciting female speakers. Her honest, engaging communication is strengthened by her ability to make her audience laugh while they learn. Jill is the author of five books including *Real Moms...Real Jesus* and the co-author of

Living With Less So Your Family Has More. Most importantly, however, she is "wife" to Mark, "mom" to Anne, Evan, Erica, Kolya, and Austin, and "nana" to Rilyn. www.jillsavage.org

128 - Help Your Child Develop a Dating Philosophy

As parents, we can have a powerful influence on our children's views of dating during their teen years. Too many teens enter the dating scene without considering all the options. In this highly practical message, Jill guides moms to:

- Successfully coach their pre-teens and teens through the dating years.
- Talk to their kids about any topic without overreacting.
- Discuss sexual purity in an open, honest way by implementing several practical strategies.
- Implement written agreements to set clear expectations and provide accountability for their teenager's relationships with the opposite sex.

129 - You Don't Have to Be Extreme to Save Money

Super couponing is the rage right now, but the truth is you don't have to be extreme to save money. This workshop is packed full of practical tips that will save you hundreds—even thousands-- of dollars over time. Jill will show you how to:

- Use coupons in a completely different way than your mother's generation did.
- Find discount codes for nearly every online purchase you make.
- Let others do the research for you to find the best deals.
- Learn to shop differently than most people shop and save more than most people save.

Dr. Juli Slattery

Juli is a wife, mom and psychologist with Focus on the Family. Juli's passion is to apply the timeless truths of God's wisdom to the everyday lives of women. She is the co-host of the Focus on the Family Daily broadcast, syndicated columnist, and author of four books including *Finding the Hero in Your Husband*. Juli and her husband, Mike, are raising their three boys in the mountains of Colorado Springs where they enjoy hiking, camping and skiing. www.focusonthefamily.com

130 - How to Fight for Your Marriage

Did you know that conflict in your marriage doesn't have to be a bad thing? In fact, couples who never have conflict may be in serious trouble. In this workshop, we will talk about how conflict is not only a necessary evil, but a worthy calling. You will learn to identify different types of marital conflict, learn how to turn a fight into an opportunity to deepen intimacy, how to discern what's worth fighting for, and how to address those issues that have plagued your marriage for years.

Schedule

Friday, March 16 or Saturday, March 17, 2012

| | |
|--------------------------|-------------------------|
| Check-In | 7:30 a.m. – 8:15 a.m. |
| Morning Main Session | 8:30 a.m. – 10:00 a.m. |
| Workshop 1 | 10:20 a.m. – 11:20 a.m. |
| Fast Paced Lunch Pick Up | 11:20 a.m. – 11:50 a.m. |
| Workshop 2 | 12:00 p.m. – 1:00 p.m. |
| Slow-Paced Lunch Pick Up | |
| Workshop 3 | 1:20 p.m. – 2:20 p.m. |
| Workshop 4 | 2:40 p.m. – 3:40 p.m. |

Registration Information

BEST VALUE! - Registration Deadline: February 15, 2012

- \$89 – One day Conference Registration, Friday or Saturday, fee includes lunch!
- \$139 – Conference PLUS! Registration, Friday 8:30 a.m. - 5:30 p.m. and Saturday 10:40 a.m. - 3:40 p.m., fee includes 2 lunches and Moms Night Out ticket
- \$10 – Moms Night Out Ticket, with One Day Conference Registration
- \$15 – Moms Night Out Ticket Only, without Conference Registration

Note:

- Space is limited and fills quickly – register as soon as possible
- Workshop schedules and conference materials will be distributed at Schedule Pick-Up
- All main sessions have open seating

Late Registration: February 16 - March 7, 2012

- \$109 – One Day Conference Registration, based upon availability and does not include lunch
- **\$159** – Conference PLUS! Registration, based upon availability and does not include lunch
- **\$10** – Moms Night Out Ticket, with One Day Conference Registration
- **\$15** – Moms Night Out Ticket Only, without Conference Registration

Moms Night Out:

- A Moms Night Out ticket may be added to your One Day Conference registration for \$10.
- If you would like to attend Moms Night Out without a conference registration, a ticket may be purchased for \$15 (based on space availability).
- To purchase Moms Night Out tickets only call (309) 828-MOMS .
- A Moms Night Out ticket is included with a Conference PLUS! registration.
- **Call (309) 828-MOMS with any questions.**

Friday Evening Meal:

An optional meal is available on Friday only to those who are attending BOTH the Friday conference and the Moms Night Out. The meal will be served from 5:30 p.m. - 7:00 p.m. Advanced purchase with registration is required. Dinner reservations cannot be made the day of the conference. Cost of this meal is \$15.

Group Discounts:

\$10 off the registration fee of each attendee who registers as a group of 10 or more. If registering with a group, you will need to *mail or fax paper copies* of the registration forms in *together*.

What If My Circumstances Change and I Need a Refund?

A fee of \$20 applies to any form of cancellation made before February 15, 2012. No refund will be made after this date; however, you may transfer your registration to another person. Your registration and payment are confirmation that you have read and accepted the conditions for registration including our refund policy.

What if I can't afford the conference?

Hearts at Home is aware of the financial issues families face. We make every effort to keep the cost of our conference affordable. We have a limited number of partial scholarships available. If financial restrictions will keep you from attending, please contact us at (309) 828-MOMS by January 26, 2012 for information about conference scholarships.

Hotel and Directions

Hotel Information

For detailed information about conference hotel options, please call the Hearts at Home office at (309) 828-MOMS. A special lodging rate has been negotiated with these hotels. Participating hotels provide a contribution to Hearts at Home that assists with event costs. Thank you.

Need Directions?

The National Conference is held at Illinois State University at the Bone Student Center, 100 North University Street, Normal, IL 61761. Please use the above address as the destination for an online map service. If you need additional assistance, please call our office at (309) 828-MOMS. Our Customer Service Team will be happy to assist you!

Parking

Parking is available in the Bone Student Center parking lot north of the Bone Student Center. There are other lots nearby on ISU property. Parking in ISU lots is \$6 and requires cash. For other parking options, you may review the [ISU map](#).

Additional Information

You may mail or fax your registration form directly to the address below:

Fax: (309) 829-8087

Mail: Hearts at Home
1509 N. Clinton Blvd.
Bloomington IL 61701

Questions? Call (309) 828-MOMS