



"I wish she would sleep through the night."

"I wish he could walk."

"I can't wait until she goes to school."

"I wish he could make a meal for himself."

"Oh, how I wish she could drive!"

"I wish they were little again..."

Every mom does it. We focus on what's next instead of what's now.

What if we learned to live *in the MOMent*? What if we moved our eyes to the bigger picture and stopped sweating the small stuff?

In the MOMent, the 2012 Hearts at Home North Central Conference is coming to the Mayo Civic Center in Rochester, MN, on November 9th-10th, 2012.

Expert advice from women representing diverse facets of motherhood, including **Michelle Duggar**, wife, mother, New York Times Best Selling author and star of the TLC reality show *19 Kids and Counting*; and **Dr. Juli Slattery** wife, mother, author, and family psychologist at *Focus on the Family*, will give you the rare chance to gain a fresh perspective, regardless of the age or stage of motherhood you are in.

Along with workshop speaker Marla Cilley, aka "**The FlyLady**," who is a bestselling author, and founder and host of the popular website www.flylady.net, more than 28 workshops provide moms the unique opportunity to design their day around their own needs. "**Encouragement for Overworked Working Moms**," "**Confessions of an Imperfect Mother**," "**Thriving as a Single Parent**," and "**Get a Grip on Your Finances**," are just a few of the workshops where practical advice and encouragement await.

Are you up for the challenge? Ready for a fresh perspective? Need your mom batteries recharged? Grab some friends and come and learn to delight in an ordinary day and in the beauty of the MOMent you are in.

For more information about the conference and to register, visit www.heartsathome.org.