



Brookhaven Marketplace Presents
author and wellness coach

Shea Vaughn

mother of Actor Vince Vaughn

Come meet Shea and learn how she helps women
Defeat Stress, Look Great, and Find Total Well-Being.

She will discuss the Five Living Principles of Well-Being: Commitment, Perseverance, Self-Control, Integrity, and Love, and explain how each act as an inspirational force in helping women to create a positive lifestyle with a healthy body and the supportive mental and emotional paradigm to deal with changing and demanding times.

After her lecture, Shea will answer questions and sign copies of her new book, **Breakthrough**

Date *Tuesday January 31st*
Place *Brookhaven Marketplace
at Burr Ridge*
Time *7:00 pm
Seating will be limited so come early.*

