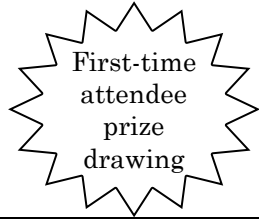


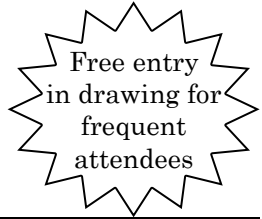


CPOM Convention  
April 17-19, 2009



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*Double Delights of Denver Presents the 36th Colorado  
Parents of Multiples Convention April 17-19, 2009*

Join us in Downtown Denver for an unprecedented level of speakers and the most multiples specific information ever! Call The Curtis Hotel directly at 303-571-0300 to reserve a room at the CPOM rate of \$115.

Get Ready for a Sweet Weekend:

- \* **Sweet speakers** include Keynote Joan A. Friedman, Ph.D. Author of *Emotionally Healthy Twins* and Brian Luke Seaward, Ph.D. treats us to his talk "Stressed is Desserts Spelled Backwards"
- \* **Sweet stay** at The Curtis Hotel in Downtown Denver
- \* **Sweet treats** at a cupcake break

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CPOM Convention Schedule	
<b>Friday, April 17, 2009</b>	
4-8 PM	Registration and Raffle ticket sales, followed by Parents Play Date
<b>Saturday, April 18, 2009</b>	
8 AM	Registration, Multiples Marketplace shopping, Raffle ticket sales
9 AM	Opening Address and Polar Bear Mama Recognition
9:30 AM	<b>Keynote Presentation</b> – Dr. Joan A. Friedman, <i>Raising Emotionally Healthy Twins: Helping Multiples Thrive in a Singleton World</i> . Drawing on her unique perspective as a twin, mother of twins, and as a psychotherapist, Dr. Joan A. Friedman’s presentation outlines seven key concepts to help multiples develop into healthy separate individuals while nurturing their unique bond. Understanding each child’s emotional needs helps develop a harmonious parent-child relationship
11 AM	Multiples Marketplace shopping, raffle ticket sales
12 PM	Lunch
1:30	Workshop Session 1
2:30	Multiples Marketplace shopping, raffle ticket sales
3 PM	Workshop Session 2
4 PM	Multiples Marketplace shopping, raffle ticket sales
5 PM	Sweet in the 60s Night: cash bar, raffle ticket sales, dinner, raffle drawing
<b>Sunday, April 19, 2009</b>	
9 AM	Breakfast & Convention Charity
10 AM	<b>Closing Keynote Address</b> – Dr. Brian Luke Seaward, <i>Stressed is Desserts Spelled Backwards</i> . Learn from the stories of several people who, in the face of stress, beat the odds in their efforts to gain control of their lives and come through gracefully. This inspiring talk provides an intimate look at how six people chose to confront rather than retreat from the obstacles that threatened to consume their lives with angst and torment. They now walk the streets as victors rather than victims. Based on his popular best selling book, <i>Stressed is Desserts Spelled Backward</i> , these stories offer insight and inspiration as to how we too, might learn to diplomatically confront our stressors. The wisdom in <i>Desserts</i> teaches us to use our muscles of the soul and turn our threats into challenge, so that we may polish the rough edges of our existence and continue to live, love, and learn throughout the journey of our human existence.

## 2009 Colorado Parents of Multiples Convention Registration

### Workshop Session 1, Saturday April 18 at 1:30 p.m.

**Workshop 1A-** Raising Happy, Healthy Eaters. During this upbeat workshop, you will learn easy tricks for picking out healthy foods for your family. Even better, Pamela Gould will help you create a realistic plan for getting your children excited about eating nutritious choices.

**Workshop 1B-** Making Successful Life Changes. Jennene Herbert, a fellow parent of multiples, will lead this hands-on workshop. We will go beyond simple goal setting techniques by identifying what you truly want, identifying roadblocks and creating a plan in which you can achieve the results you are seeking. Jennene hopes to not only to inspire you to improve your life, but give you the tools to actually see results. Expect to leave the workshop knowing your Next Step towards the change you want.

**Workshop 1C-** From the Trenches- Real life ideas in a creative and fun format. Not your typical workshop, you will be able to choose from three different tables and rotate through as your interest dictates. Parents of multiples and experts share their ideas about party planning, organizing, and education options for your children. If you're tired of being stuck in a workshop that isn't exactly what you thought it would be, just switch tables, or raise your hand and get YOUR questions answered.

### Workshop Session 2, Saturday April 18 at 3 p.m.

**Workshop 2A:** Developmental Challenges of Adult Twins. Our Keynote Speaker returns to present a workshop on the adult life of twins. Dr. Joan A. Friedman will share with us a sneak peek about what our multiples' lives might be like if we help them become individuals at a young age.

**Workshop 2B:** Mamma Mania: Managing the Craze of 0-5 year olds. Amy Jewett Sampson will share practical and creative ways to handle the craziness of mothering multiple young children. Sampson will provide helpful ideas ranging from how to carve out special time for each child to getting some peace and quiet every day.

**Workshop 2C:** Turbo Kick will be taught by Donya Palovich Powell, a fitness instructor from the Southwest YMCA. This is a high energy choreographed kickboxing class that combines athletic versions of hip hop, martial arts, and so much more!

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 Cut off this portion, and mail it along with your check payable to CPOM Convention 2009 to:  
**Kari VestECKa, 11159 E Mexico Ave, Aurora, CO 80012**

<b>First Name:</b>	<b>Last Name:</b>		
<b>Address:</b>	<b>City:</b>	<b>State:</b>	<b>Zip:</b>
<b>Phone:</b>	<b>Email:</b>		
<b>Multiples (genders &amp; ages in April 2009):</b>			
<b>Siblings (genders &amp; ages in April 2009):</b>			
<b>Any food allergies/vegetarian?</b>			
<b># of previous CPOM Convs attended:</b>	<b>Club Name(s):</b>		

**Planning on attending Sunday morning brunch and keynote speaker?**     Yes     No     Not sure yet

### Workshop Choices

Workshop 1: Number Choices 1-3

Workshop 2: Number Choices 1-3

1A- Raising Happy, Healthy Eaters	2A- Developmental Challenges of Adult Twins
1B- Making Successful Life Changes	2B- Mamma Mania: Managing the Craze of 0-5 year olds
1C- From the Trenches-Real life ideas in a creative format	2C- Turbo Kick Class