

**POWER**  
*Your* **POTENTIAL**  
Montgomery County Women's Conference



Shonda Moralis, MSW, LCSW is a psychotherapist, women's wellness educator, and experienced media contributor. Through her online group program, Reclaim Midlife, she helps high-achieving women integrate ambition and ease in perimenopause. Shonda is the author of the award-winning *Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms* and *Don't Forget to Breathe: 5-Minute Mindfulness for Busy Women* and has been featured in *Working Mother*, *Forbes*, and *CNBC*, among others. Supporting women for three decades (and counting),

Shonda loves to play outside, endeavors to practice what she preaches, and is perennially fascinated by what makes people tick.

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