

select simpler...

respect the body...



## Be Choosy! News, Events and Tips

### THE NAME GAME

A common request I hear when cornered is, "*Kristi, tell me **which products** to buy!*"

So, let the discussions flow! Announcing Choose Wiser's Facebook page. Open for questions and exchange of ideas. Try a new product? What did you think? Find a good price? Share the news!



I have amazing news to announce soon but need 500 Facebook fans!

**Learn from each other. Ask questions. Save time.**

### MEETING MIA

On a dreary afternoon in January 2009, I stared impatiently at my computer. Frustrated, I was emotionally wedged between months of exhilarating improvements, and something...well, something, **greater**.

I craved an broader impact than my own one acre, but was mystified where to start. My future was as hazy as the oppressive winter sky outside my window.

Impulsively, I dialed the Campaign for Safe Cosmetics. **Like a fanatical woman**, words rushed out of my mouth, "*I know I want to do something bigger, I CAN FEEL IT, but I don't know what to do.*"



Whew. I said it aloud. To *somebody*. Yes, a stranger, but I felt relief as the words escaped to the world. On the other end was the Campaign's National Grassroots Coordinator, Mia Davis.

I was grateful as she listened, encouraged, and inspired for over an hour. A month later, I presented my first workshop (not that entertaining, but a step!).

Ten months later, I traveled with a trusted camera crew into Boston, MA to interview her as one of my inspiring, passionate, and dedicated individuals in my video series.

[Click Here](#) to listen to Mia share her expertise on the personal care industry, and what we can do to encourage healthy change. Once on the video page, click on the **Choose Wiser and Safe Cosmetics Video**.

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### ONLY TWO LOCAL WORKSHOPS LEFT

Two workshops left in Easton/Mansfield, MA area this spring. Choose Wiser will be **touring New England** in the early summer: Rhode Island, Natick, MA, and Salem, NH are on the calendar and the website.

Infusing humor, stories, props, and activities, the workshops are an educational, memorable experience. I do not sell products discussed so leave the checkbook in the purse.



#### **Creating a Healthier Home Sponsored by Personal Best Karate**

Monday, March 15<sup>th</sup> 7:30 – 9:00 pm. Personal Best Karate in Easton, MA

[LEARN MORE or REGISTER HERE](#)

- Focus on saving money while replacing ammonia and chlorine bleach.
- Explore why VOC's, BPA's, and Phthalates are showing up in the news as well as our homes.
- Learn why indoor air quality is possibly worse for your family now than in the past.
- The ever popular, Make-and-Take household cleaner from scratch and save \$\$\$.

*"Your presentation tonight was informative and eye-opening! I have so much to think about! I have friends and family that would be very interested in hearing what you have to say! EXCELLENT JOB!"*  
Maria

#### **What's a Girl to Do? Sponsored by the Women's Business Network**

Tuesday April 27<sup>th</sup>, 9:30 -11:00 am. Mansfield Town Hall

[LEARN MORE or SAVE A SEAT](#)

Until next time, **Congratulations** on your journey to choosing wiser, selecting simpler and respecting the body.

Take care,  
Kristi Marsh