



**Soaring Spirits Loss Foundation
National Conference on Widowhood
San Diego, California
July 17-19, 2009**

“Celebrating all we have accomplished as we look forward to what we have yet to become.”

The Soaring Spirits Loss Foundation National Conference on Widowhood will offer widows an opportunity to celebrate all they have accomplished while looking forward to what they are yet to become. This event will provide a variety of inspiring role models, a hope-filled, supportive environment, and programs focused on giving women the tools they need to rebuild their lives after the devastating loss of a spouse. By joining our hearts through the shared experience of loss, and encouraging each other to create a life of purpose and joy—we can change the face of widowhood for generations of women to come. Join us in our quest to truly live the life we are given.

Event Details:

Friday July 17, 2009:

- **Meet Your Match Welcome Reception:** This is your opportunity to meet and mingle with other widows as you enjoy light hors d'oeuvres and cocktails. If you are a member of the Widow Match program, this is the perfect time to meet the person you have been corresponding with by e-mail face-to-face. Michele Neff Hernandez will be at the Widow Match table with her own pen pal...come and meet them both!
- **Outdoor Benefit Concert:** Friday evening will conclude with a fantastic variety of artists joining together to perform on a spectacular, outdoor Oceanside stage. All proceeds from the concert will support relief efforts for our sister widows in other countries. Come for a great time, help a worthy cause. Entertainment will be announced as bookings are confirmed.

Saturday July 18, 2009:

- **General Session:** Saturday morning will begin with a gathering unlike any you have ever attended. Standing shoulder to shoulder with widows of all ages, creeds, and circumstances we will come together to celebrate our strength, our love, and to discover our passion. Our keynote speaker will be Michele Neff Hernandez, founder of the WidowsBond website, the Widow Match program, and the Soaring Spirits Loss Foundation. Michele will share her insights on the gifts her widowhood has given her through her outreach to widows across the nation. You will head off for your day amazed by the possibilities that lie ahead.
- **Morning Break-Outs Sessions:** With thirty-two sessions, a variety of presenters, and topics that include: how to keep your husband's memory alive for your children; what the latest information is about estate planning; how to utilize on-line dating sites; a panel discussion with widowed authors, scrap booking your husband's life, ways to discover your passion for life again, the healing power of meditation, the unique challenges of death by suicide, an introduction to self-affirmation, tools for journaling, a thought provoking look at global

widowhood...and many, many more. There will be a variety of presentations to address the many questions widows face. You choose the sessions that most interest you!

- **Lunchtime Resource Expo:** This is your chance to meet the presenters and sponsors, check out some great products, network with other widows, and enjoy a picnic lunch on the lawn of the lovely Marriott hotel.
- **Afternoon Break-Outs Sessions:** Here is your next chance to attend the presentation that most appeals to you. Popular sessions will be repeated in the second time block.
- **An Evening of Celebration:** Saturday will conclude with a semi-formal, no date required, awards banquet. At this fabulous sit down dinner you will be introduced to some of the wonderful things women are doing in support of their sister widows. A variety of awards will be presented throughout the evening including: The Soaring Spirits Loss Foundation Inspiration Award, The Widowsbond Vision Award, and a variety of surprise speakers, presentations, and fun. Guaranteed to be an evening you will remember.

Sunday July 19, 2009:

- **The First Annual Widow Dash 5K Run/Walk:** The Grande finale of our weekend will be a 5K run/walk through beautiful San Diego. Put your shoes on and run, or walk, for *YOUR* life! Proceeds will provide funds for grants to be distributed through the Soaring Spirits Loss Foundation to women in the United States who find themselves in financial crisis as a result of their husband's death. Come be a part of the fun as we change the face of widowhood one stride at a time!