

OUR LADY OF SORROWS CHURCH ALTAR SODALITY
AND OUR LADY OF SORROWS SCHOOL PTO PRESENT:

A NIGHT WITH AUTHOR

Kari Kampakis

TUESDAY, JANUARY 16TH AT 6:00 PM
OLS PARISH HALL | FREE TO ATTEND

ABOUT THE AUTHOR:

Kari Kampakis is an author, podcaster, and national speaker from Birmingham. She is also a wife and mom to 4 daughters. Her bestselling books for moms, *Love Her Well: 10 Ways to Find Joy and Connection with Your Teenage Daughter* and *More Than a Mom: How Prioritizing Your Wellness Helps You (and Your Family) Thrive*, and books for teen girls, *10 Ultimate Truths Girls Should Know* and *Liked: Whose Approval Are You Living For*, have been used widely across the country for small group studies. They are available everywhere books are sold.

EVENT FOCUS:

Kari will be speaking on her book *More than a Mom* and the importance of caring for ourselves so that we can better serve those in our care.

"As moms we're so used to being givers that we often overlook ourselves. We forget that we are, first and foremost, human beings. And when we model what it looks like to care for our own bodies and souls, our kids are empowered to do the same."

- Kari Kampakis, *More than a Mom*

**REGISTRATION DETAILS
COMING SOON!**

