

**ISLAND PATH** presents

a weekend residential camp for women on Ocracoke Island

## Awakening at Midlife



Sept. 9 - 12, 2004

Kathleen Brehony and Ruth Fordon

*"It's never too late to be who you might have been."* George Eliot (Mary Ann Evans)

Join Life Coaches, Kathleen Brehony, PhD, author of *Awakening at Midlife* and Ruth Fordon, co-founder of Island Path for a weekend adventure on the magical island of Ocracoke on the Outer Banks of North Carolina. Re-vitalize your spirit and embark on the journey that midlife and the golden years invite. We offer ourselves as your coach, mentor and friend for this midlife potluck for a woman's soul. \*

Each woman will be mailed a gift copy of Kathleen's book *Awakening at Midlife* when she registers for this camp.

- The camp will be held at the **LIGHTKEEPERS GUEST HOUSE** on Ocracoke Island, NC.
- Arrive **Thursday, Sept 9th** late afternoon, leave **Sunday Sept 12** after breakfast
- **WORKSHOP REGISTRATION: \$395** which includes all breakfasts, lunches, and 2 dinners  
A deposit of \$150 is required by **Aug 1, 2004**. *Lodging not included.*  
We reserve the right to cancel the camp if we do not meet minimum enrollment by Aug 15.
- **TO REGISTER CALL TOLL FREE: 1-877-708-7284** or local 928-1821  
Have a credit card ready or mail a deposit check made out to Island Path and mail to:  
Island Path, PO Box 878, Ocracoke, NC 27960
- **BRING A BUDDY** and receive a \$50 discount for each of you.
- **LODGING:** Arrange the lodging you wish - Limited rooms available at the Lightkeepers Guest House.

**Kathleen Brehony** is a life coach, clinical psychologist and author of five critically acclaimed books, *Awakening at Midlife; Ordinary Grace; Chanting - Discovering Spirit in Sound; After the Darkest Hour: How Suffering Begins the Journey to Wisdom;* and *Living a Connected Life*. She has delivered hundreds of speeches, retreats, and training sessions throughout her career.

**Ruth Fordon** is a life coach and has lived on Ocracoke Island since 1988. She and her partner, Ken DeBarth, at midlife founded Island Path. They host creativity camps, personal retreats and have conceived and written the Island Pathstones. Ruth has a Masters Degree in Counseling and many years of private practice and consulting.

*\*This is not a therapy oriented workshop, if you are in therapy, please consult with your therapist about attending.*

For more details, see our website or call toll free **1-877-708-7284**  
**ISLAND PATH • [www.islandpath.com](http://www.islandpath.com) • [islandpath@ocracokenc.net](mailto:islandpath@ocracokenc.net)**

