
CELEBRATING WOMEN'S HISTORY MONTH

Good Afternoon,

This month is a time to celebrate women who make an impact. It's a time to acknowledge the many, many contributions that lead to transformation in our community and world and the women who make them.

We have some of those women right here in B.I.G. and we want to celebrate them. Please join us on Friday, March 10 at Jill Rae's design studio while we host Dr. Hilary Berger who will inspire you to find and live your passion while making this your life's work. Dr. Berger has inspired so many of our members already. Come and hear her words of wisdom for yourself!

We also have the opportunity to connect at Grow Wellness this week for complimentary yoga classes. (see below)

Finally, our coffees in both Ridgefield and Westport will be open discussions that honor International Women's Day and of course the women who impact us right here at home. Don't miss these!

Warm Regards,



Director, B.I.G. Connecticut
bigconnecticutregion.com

Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women.

— Maya Angelou

MEMBER HIGHLIGHT



Maria Markus

Owner / President, Markus Education Int

Maria Markus is the owner and founder of Markus Education Int. She is an independent college counselor with over 15 years of experience in education, a professional member of the Independent Consultants Association and International Association of College Admission Counseling. She is focused on guiding students through every step of college selection and application, making the process less stressful and more organized. Space is still available for the class of 2024 and 2025.

To learn more about how we can help you, schedule a 30-minute free consultation by [clicking here](#).

MARCH EVENTS

Reinventing You

Reinventing You Both
Professionally and Personally
with Purpose



**HILARY
BERGER, Ed.D, M.Ed, LPC**
Founder,
Work Like a Mother®

Friday, March 10th

Member Coffee

Member COFFEE

Thursday, March 16th
11:00 am -12 noon

The West Lane Inn
22 West Lane
Ridgefield, CT



A coffee honoring Women's History Month

Thursday, March 16th

Westport Coffee

-- Date To Be Announced --

Check the website soon for further details.

[Register for March Events Here](#)

SCENES FROM FEBRUARY

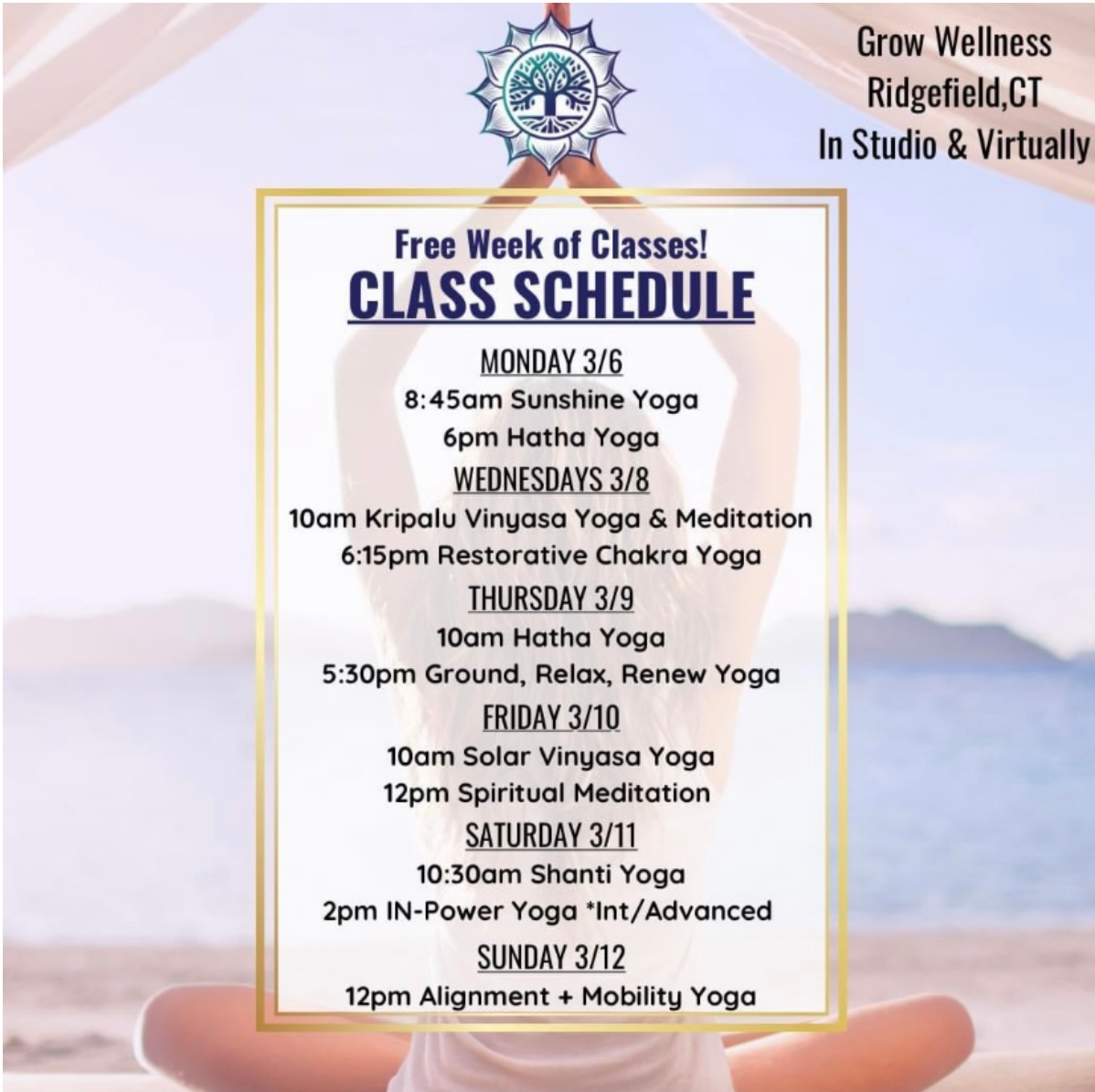
We had a very special Valentine's Day treat at Grow Wellness Studio. Owner Kathleen Kweskin and MasterCard Executive Dana Cox poured into us about self care and what they tap into to achieve wellness.

I see a wellness retreat led by these two ladies in the near future! ❤️



COMPLIMENTARY YOGA
THIS WEEK AT GROW WELLNESS

Join us to try different types of yoga and celebrate International Woman's Day!



**Grow Wellness
Ridgefield, CT
In Studio & Virtually**

**Free Week of Classes!
CLASS SCHEDULE**

MONDAY 3/6
8:45am Sunshine Yoga
6pm Hatha Yoga

WEDNESDAYS 3/8
10am Kripalu Vinyasa Yoga & Meditation
6:15pm Restorative Chakra Yoga

THURSDAY 3/9
10am Hatha Yoga
5:30pm Ground, Relax, Renew Yoga

FRIDAY 3/10
10am Solar Vinyasa Yoga
12pm Spiritual Meditation

SATURDAY 3/11
10:30am Shanti Yoga
2pm IN-Power Yoga *Int/Advanced

SUNDAY 3/12
12pm Alignment + Mobility Yoga

ABOUT B.I.G. CONNECTICUT

B.I.G. Connecticut is a woman's empowerment community that provides members the inspiration, community and tools to move their personal and professional lives forward.

Please join us for an event and see what we are all about and how we can help you grow your business. Contact bigconnecticutregion@gmail.com to learn more!

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