

FEBRUARY 19

FOREVER FIERCE DAY

A Celebration of Women at Midlife 7 Ways to Celebrate

1. **Share on Social:** What does it mean to me to be FIERCE at Midlife? Post your answer in 150 words and be sure to use #ForeverFierce and #ForeverFierceDay on all of your social media channels.
2. **Tag (@) friends** that you consider to be Forever Fierce on your social channels with the hashtag #ForeverFierce and #ForeverFierceDay.
3. **Join the Forever Fierce Facebook Group** and be part of a supportive and engaging community of smart women over 35.
4. **Invite** a friend to join the Forever Fierce Facebook Group.
5. **Download** and listen to the most recent Forever Fierce Podcast.
6. **Email** us and share your thoughts and ideas on how to make Forever Fierce a mindset and not just a day that acknowledges women at Midlife.
7. **Create** a Forever Fierce Signature Cocktail and enter to win a limited edition Forever Fierce t-shirt. Send your recipe along with a picture to: info@catherinegraceo.com Three winners will be selected on 2/28/18.



"Forever Fierce Day is a celebration of the vitality, power, and wisdom of The Midlife Woman. Why? Because empowered women at Midlife are cool!"

Catherine Grace O'Connell, 56
Age Disrupter



FOREVER FIERCE
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