

More Than A Mom

How Prioritizing Your Wellness Helps You (And Your Family) Thrive by Kari Kampakis

WEEK	DURING SMALL GROUP	AT HOME READING
Week 1	<i>KICKOFF BRUNCH Choose & Buy Book</i>	<i>Read Introduction</i>
Week 2	<i>Intro To Small Groups Discuss Intro.</i>	<i>Read Chapter 1</i>
Week 3	<i>Discuss Chapter 1</i>	<i>Read Chapter 2</i>
Week 4	<i>Discuss Chapter 2</i>	<i>Read Chapter 3</i>
Week 5	<i>Discuss Chapter 3</i>	<i>Read Chapter 4</i>
Week 6	<i>Discuss Chapter 4</i>	<i>Read Chapter 5</i>
Week 7	<i>Discuss Chapter 5</i>	<i>Read Chapter 6</i>
Week 8	<i>Discuss Chapter 6</i>	<i>Read Chapter 7</i>
Week 9	<i>Discuss Chapter 7</i>	<i>Read Chapter 8</i>
Week 10	<i>Discuss Chapter 8</i>	<i>Read Chapter 9</i>
Week 11	<i>Discuss Chapter 9</i>	<i>Read Chapter 10</i>
Week 12	<i>Discuss Chapter 10 FINAL BRUNCH</i>	



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