



America's Dinnertime Cheerleader™



Make Dinnertime A Family Event

Award-winning author, Gigi Centaro, presents:

Dinnertime----
A Simple, Powerful Activity to Do to Enrich Your Life
The How, the Wow and the Why to Make Dinnertime a Family Event

- You're crazy busy and after a long day you're too exhausted to cook.
- When you get home there's another long list of things to do and places to go.
- Restaurants and fast foods solve the problem of what's for dinner, but that food is taking a toll on your health and pocketbook.
- On top of that, it seems you only pass your family as you're coming in and they're going out. Quality family time seems to be a myth.

***Instead of dreading dinner,
use it as a tool to create quality family time and to balance your life and work.***

What you'll learn:

- Why dinner is an easy and convenient activity to do to create quality family time.
- How to make time to do dinner when you have no time.
- How to eliminate feeling stressed and overwhelmed when you get home in the evening.
- How to turn dinnertime into a family event where everyone can participate and have fun.
- How to create the atmosphere of a warm, wonderful, fun family dinner.
- Why dinnertime is an attitude and not a location.
- How two nights a week can change your family life for the better---forever.

This program is for you if you---

- are sick and tired of the same old dinnertime routine.
- see dinner as a hassle and just want to get it out of the way.
- are too busy to make dinner.
- struggle with a way to have more quality time with your family.
- struggle with life work balance.

Gigi Centaro is America's Dinnertime Cheerleader. As president of Gigi Speaks, LLC, she's on a mission to bring families together over dinner. She wrote the award-winning cookbook *Let's Cook Tonight*. She's the youngest of eight and lives in Tucson, Arizona with her husband of 29 years.