



*For the Affluent Lifestyle*

TOTAL SISTERHOOD

## **Pantene Tour**

By Tameka Jo Pauldo

She's a comedienne/writer/actress and recently recognized as the "spirit leader" for the second year in a row on the Pantene Total You Tour. A true "sprit filler", Myra J. is teaching women across the country to look at themselves with humor. "Laughter is medicine for the soul," she says. In the midst of life's challenges and struggles, laughing is healing for the mind, body and spirit."

"While women are born nurturers and caretakers, they fail to properly take care of themselves first," she says. So many women today are trying to find the balance between taking care of their families and making time for their own interests. "As parents we are to guide them, help them grow up, and set them free," Myra explains. Being a single mom, Myra J. pleads to women "don't feel guilty, take an extra half-hour each day for yourself." When you feel better about [you] your family will reap the love."

Often times women are trained to be co-dependant, so Myra J. is also an advocate for financial empowerment. She urges financial empowerment and education as key to building a solid foundation. "Education is core because knowledge can never be taken away from you," she shares. "Financial security is necessary for women who don't know how to properly handle their finances, merely capable of providing for their families. Learning the power of investment, homeownership, and entrepreneurship are invaluable when creating a set role model and blueprint to helping your children obtain a secure financial future."

Myra's genuine-by-nature, support and words of affirmation for people everywhere makes her an example to women all over the world. She is empowered by the courage and confidence women gain through hearing her speak at the Pantene Total You Tour each year. "It feels good to be connected," she says smiling.

Myra J. is gearing up for next year's tour and hopes to see you in the building...emerge your TOTAL YOU!

To find out more on Myra J. and learn about the Pantene Total You Tour, visit [www.pantenetotalyoutour.com](http://www.pantenetotalyoutour.com).

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