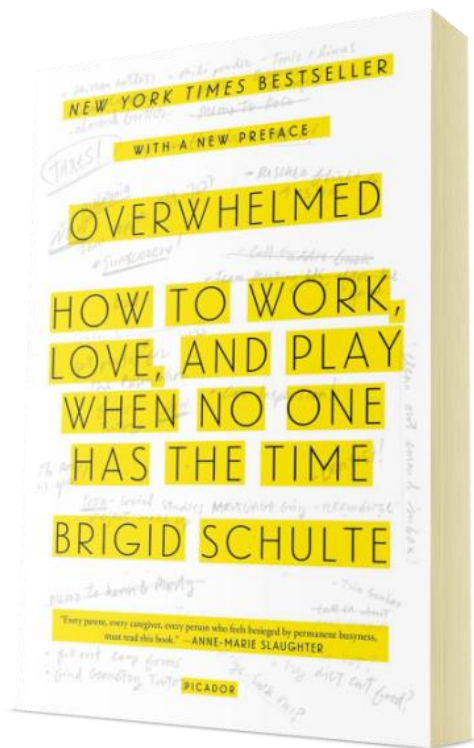


The Parents Council of Washington presents

## ***Overwhelmed: How to Work, Love & Play When No One Has the Time***

**Featuring *NY Times* best-selling author BRIGID SCHULTE**



- Award-winning journalist for *The Washington Post* and *The Washington Post Magazine*
- Founding Director of The Better Life Lab, New America Foundation

**Tuesday, April 12, 2016**

**The Langley School**

1141 Balls Hill Road

McLean, Virginia 22101

**8:30 a.m. – 11 a.m.**

*8:30 – 9 a.m. Light Breakfast*

*9 – 10:30 a.m. – Presentation*

*10:30 a.m. – Book Signing*

Come learn about the national conversation that *Overwhelmed* helped spark about overwork, burnout, productivity, busyness, gender roles, the toll that outdated policies and cultural attitudes are taking on modern lives, and how to move forward.

To RSVP, go to <http://tinyurl.com/brigidschulte2016>

For more information go to [www.parentscouncil.org](http://www.parentscouncil.org)