

Come and explore the depths of Life itself,  
while rooted in openness, wisdom and joy, at

# “The First Annual Red Deer Wake-Up-A-Thon Benefit”

24 Hours of Service and Support,  
With All Proceeds Going To



The Central Alberta Women’s Emergency Shelter (C.A.W.E.S.)

>> A full day and night of:

- ✓ Ongoing brief seminars on deep, personal exploration, heart opening healing, unbound growth, and uncaused joy.
- ✓ Valuable prizes for the most pledges collected, door prizes, as well as prizes given away for no real reason at all.
- ✓ Chances to meet very interesting people, in a very strange environment, for a very worthy cause.

**Where?:** The Millennium Center Parkade on the 49 Block of 48<sup>th</sup> Street, in Downtown Red Deer, right across from *La Casa Pergola Restaurant*.

**When?:** Starting Friday, October 12/07 at 10:00 a.m. and ending Saturday, October 13/07 at 10:00 a.m.

**What?:** What is a *Wake-Up-A-Thon*? It’s a combination of a **Wake-A-Thon**, which is a 24 hour event held in support of a good cause, and the practice of **Waking Up**, which means developing the skill of maintaining contact with your immediate experience, moment by moment, with attention, openness, and curiosity. Aaron says, “*After searching for 17 years, I see it as the single most important skill that can make the greatest difference in this messed up world, period!*”. **Come find out why.**

**Contact Aaron McNaught at 403.302.2523 if you wish to participate, pledge, or offer your support in any way. For information about Aaron McNaught Education/Consultations go to [www.wakinguptolife.com](http://www.wakinguptolife.com)**

A special thanks to CSS Midstream Services of Red Deer in The Millennium Center for their kind donation of the space for this event.