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“National Mom’s Night Out” Recognizes Moms Need a Time-Out Too

Bahama Breeze commits 100 Percent of Evening’s Profits to Boys & Girls Clubs

Orlando (January 16, 2007) – Whether you’re a working mom or stay-at-home mom, the number-one challenge for all moms is finding time for yourself. That’s why Rachel Hamman, nationally known mom expert and author of *Bye-Bye Boardroom*, is partnering with Bahama Breeze restaurants to declare March 22, 2007 “National Mom’s Night Out.”

“‘National Mom’s Night Out’ encourages moms to leave behind the stresses of everyday life and motherhood for at least one night and experience the feeling of a Caribbean escape at a Bahama Breeze restaurant,” said Hamman. “If you don’t have a Bahama Breeze in your city, we encourage you to still take the night off and go to your favorite local restaurant with friends.”

In addition to a much needed night out separate from the family, moms who go to Bahama Breeze will also receive a CD of Caribbean-inspired music and a chance to win a dream Caribbean escape: a trip for five to the famed Atlantis resort on Paradise Island in The Bahamas, courtesy of Atlantis Resorts and The Islands of The Bahamas. Bahama Breeze also will donate 100 percent of the evening’s profits in each restaurant on March 22 to the Boys & Girls Clubs of America. The money donated will go to Clubs in each of the local Bahama Breeze markets.

“One of the most important things a mother can do for herself is take a break now and then,” said Hamman, whose book, *Bye-Bye Boardroom*, helps women who make the transition from the business world to being stay-at-home moms. “‘National Mom’s Night Out,’ which should become a weekly tradition, is designed to give overworked and under appreciated moms a much needed *adult* ‘time-out.’” Moms can learn how to give themselves a break on a regular basis by following Hamman’s top five tips.

Rachel’s “Top Five Tips for Giving Yourself a Break”

- 1. Know You are Not Alone** - Whether a working mom or stay-at-home mom, remember you’re not alone. Millions of moms experience the same things you do each day.
- 2. Clean Your Emotional House** - Surround yourself with positive, like-minded people who want the best for you.
- 3. There is an ‘I’ in Family** - Taking an adult time out (like treating yourself to National Mom’s Night Out)

is not selfish, but self-preservation. It helps you keep your sanity, which is a win/win situation for both you and your family.

4. **Enjoy the Moment** - Don't worry about past decisions or obsess about future ones. By doing so, you miss the present. Stay focused on the here and now.
5. **Laughing is Better Than Prozac** - Take everything in stride and use humor to deal with the situations at hand.

“By taking a night off for ‘National Mom’s Night Out’ at Bahama Breeze, moms can feed their island spirit, and we hope they also *renew* their spirits, which benefits the entire family,” said Laurie Burns, President of Bahama Breeze.

Moms can enter to win the dream trip to Atlantis online at www.bahamabreeze.com, where they’ll also find the terms and conditions.

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About Bahama Breeze

With 32 locations nationwide, Bahama Breeze feeds your island spirit with the food, drink and vibrant atmosphere you’d find in the islands. The restaurant is known for fresh, delicious seafood, distinctive chicken dishes and flame-grilled steaks, accompanied by refreshing, hand-crafted tropical drinks. Popular menu items include Breeze Wood Grilled Chicken Breast, Coconut Shrimp, Lobster and Shrimp Pasta and a daily fresh fish sheet offering guests a choice of several fresh fish species, preparations and side items. Most Bahama Breeze locations are open for lunch and dinner daily, from 11 a.m. until late, and all offer call-ahead seating. For more information, visit www.bahamabreeze.com.

About Rachel Hamman

She’s not your ordinary soccer mom. She has been named one of the “Most Remarkable Women” on Barbara Walter’s ABC show, “The View.” Rachel has been featured in *Glamour* magazine for her philanthropic advances and has been recognized for her ongoing community endeavors by being tapped as one of the “Eckerd 100 Outstanding National Volunteers.” Most recently, Rachel was selected as a member of the Mom's Advisory Board for "Choose Your Own Adventure" and also as a Stay-At-Home Mom "Expert" for www.RealSavvyMoms.com, where she shares her sage advice with millions of other women. Rachel says her current position, however, is her most challenging and provides her with the bulk of her “material.” She is a happily married stay-at-home mom with two beautiful children. Her dreams for the future are to keep others around her laughing and to have her children grow into motivated, competent adults who require as little therapy as possible. For more information, visit www.rachelhamman.com.