

# FIND YOUR INNER **WOW!**

W O M E N O N W E L L N E S S

FRIDAY NOVEMBER 10, 2017 8:30 am-4 pm

49 South Main Street Suite 201 Concord NH 03301

## A DAY TO INSPIRE YOU TO BE YOUR BEST SELF!



**GERRY KING, PhD**  
Keynote speaker

*Build Your Success Identity While Acknowledging The Challenges*

Being successful means continually striving for greater achievements and rewards. Though exciting and fulfilling, there are concerns. This session will explore the ramifications of success and offer suggestions for managing and enjoying it.



**PEGGO HODES, M.ED, M.Mus**  
Closing speaker

*Five Steps to a Vibrant Voice*

We communicate with the world through our voice. For many of us, using our voice to speak up, express ourselves or sing with joy can be nerve-racking. In this workshop, we will explore five steps to opening up your own vibrant voice.

### **Who should attend?**

Teachers, Business Leaders, Work Teams, Mothers, Daughters and Women looking to be Their Best Selves.

Register at [concordhospital.org](http://concordhospital.org)

Early bird registration - \$65 pp by 10/1 | Register 2 or more - \$60 pp by 10/1 | After 10/1 - \$75 pp

**KEYNOTE**  
9-9:45 am

**LUNCH**  
11:45 am-12:25 pm

**PANEL DISCUSSION - FILLING YOUR WELL**  
12:30-1:15 pm

**CLOSING**  
3:25-4 pm

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| After 10/1 - \$75 pp

## SESSION A: 10-10:45 AM

**MAUREEN MILLER**  
~ *Living With Intention*

Self care tips to help you find balance and live your life in ways that feed your soul.

**ARYN MARSH**  
~ *Juicing, Smoothies and Salads*

Learn how to make delicious smoothies, veggie packed meals and fit healthy eating into a busy life.

**LUCIA COTE**  
~ *Tranquil Mind*

Practice mindful movement, guided meditation and mindful eating.

## SESSION B: 11-11:45 AM

**MANDY DEGELSMITH**  
~ *Mistakes When Losing Weight*

Why is it so hard to lose weight? Your questions answered in this enlightening discussion.

**CHERIE SHAW**  
~ *The Art of Journaling*

Cultivate this artful practice that can serve as an anchor to a busy life.

**MARSHA RICH**  
~ *Yoga Interlude*

Enjoy a healthy dose of yoga and ways to incorporate yoga into your life.

## SESSION C: 1:30-2:15 PM

**MICHELLE SMITH**  
~ *The MIND Diet*

Medical data show certain foods are good for your brain. Learn more about these foods and how to fit them into your diet.

**COLLEEN GRAHAM**  
~ *Muse That Heals Through Creativity*

This is a workshop for for curious learners and anyone experiencing grief. Creativity techniques that help us heal and increase our well being.

**AMBER FERREIRA**  
~ *Being Brave*

Discover how we can use strong postures to shape how other see us, build confidence and inspire those around us to do the same.

## SESSION D: 2:30-3:15 PM

**NANCY KALINSKI**  
~ *Listen to Body Wisdom*

Incorporate techniques of Ayurveda, Yoga, Homeopathy and Sound Therapy to improve your well being.

**MARIA NOELGROVES**  
~ *Herbs*

Key herbs to help improve nutrition, immune strength and your stress response.

**BETSY BLACK**  
~ *Taste of Happiness*

Using positive psychology models, learn simple techniques to increase your happiness and well being.

The proceeds from this event support the REACH Higher Fund, a charitable fund that makes community education programs through Concord Hospital Center for Health Promotion accessible to those in need of financial assistance.



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(603)230-7300 fax (603)226-7400 [concordhospital.org](http://concordhospital.org)