CELEBRATE!

20th Annual
Focus on Women Resource Day
Tuesday, April 21, 2015
3:30-8:00 p.m.
Bayside Supper Club, W9231 Cty Tk G, Beaver Dam, WI

3:30-8:00 p.m.  Booths and exhibits ongoing
Exhibits will be available with information on health education and services provided by area agencies, as well as products and therapies to “pamper” the woman in you. Please take time to visit these exhibits before or during the presentations and break times between speakers. Booths will be located in the front dining room and in the lower level. Free health screenings will be offered on a first-come, first-served basis as well as many exhibitors will have interactive activities at their booths.

A light sandwich buffet will be available from 3:30-6:30 p.m. for all registered guests.
Pre-registration is required with a $9.00 non-refundable registration fee per person.

4:15-4:45 p.m.  “My Personal Journey to Finding Passion in Life”
Amber Alvin - Amber is the owner of A & B Fitness Concepts in Randolph. She is going to share with us how determination has brought her through her own weight loss journey that led her to find and follow her passion to help others with changing their lifestyles for the better.

4:45-5:15 p.m.  “Healthy Eating and Nutrition Tips”
Dr. Cristin Newkirk-Thompson - Learn about enjoying nutrition, exercise and mindful eating to support your health goals. Dr. Newkirk-Thompson will share her background and updates on diet and a healthy lifestyle.

5:45-6:45 p.m.  “Gifts on a Budget”
Brenda Murphy - Brenda is the host of the Idea Exchange on AM1430. She will be sharing her knowledge of creating meaningful gifts on a tight budget.

7:00-8:00 p.m.  “Celebrating Laughter”
Sally Edwards, Comedian - Women’s Health Speaker (“Healthy Living Through Laughter”) and Clean Corporate Comedian, Sally Edwards knows the benefits of a good healthy laugh. Sally will inspire you by relating the key benefits of laughter and deliver hilarious clean comedy and humor that will bring you to tears. The health benefits of laughter are delivered as the presentation begins!

Please note that there is a change in the presentation schedule from what was previously published in the March InSpire.

This resource day is sponsored by Beaver Dam Community Hospitals, Inc. and coordinated by the following agencies committed to a healthy community: Dodge County Housing Authority, Moraine Park Technical College, UW Extension and YMCA of Dodge County.

Questions?  Call (920) 386-2866

Focus on Women Registration Form

Name ___________________________________________ Address ___________________________________________
City, State, Zip ___________________________________________ Phone __________________________ Email Address ___________________________________________

Registration required by April 13, 2015 - first-come, first-served basis. Seating is limited. Registration must include the name, phone and email of all persons attending and a $9.00 non-refundable per person registration fee.

Checks made payable to: BDCH Focus on Women

Mail registration form and $9.00 per person to: Dodge County Housing Authority, 491 East Center St., Juneau, WI 53039