

Women's

Wellness Conference

Saturday, March 8 ♦ 8:00 AM - 3:00 PM

\$30 per person ♦ Student Center

All women are invited to a wellness conference with Vicki Heath of *First Place for Health*. We will start the day with an early bird workout followed by a light breakfast and check-in at 8:30 AM. We will have four practical sessions (see reverse for topics), plus a healthy, yummy lunch. Some of the sessions include optional physical activity. This will be a wonderful opportunity for all women and teenage girls. Invite your friends!



Vicki Heath

*National Director Emeritus
and Senior Consultant
First Place for Health*



SCAN TO
REGISTER



FIRSTplace
FOR HEALTH

Register online by March 2

Childcare is available for PreK and younger
from 9:00 AM - 12:00 PM.

*Before participating in the physical activity for this event, please consult your doctor.
All exercise portions of this wellness conference are completely optional. Know your own limits.*

SESSION TOPICS

Top Ten Ways to Live Long and Strong

Research shows those who live consistently with these 10 principles live the longest, most fulfilling lives

Why Pray When You Can Eat?

Food: moving from fear to freedom

Strong is the New Skinny

Building strength inside and out: Basic principles of developing a strong CORE, both physically and spiritually

Becoming a Winner Not a Quitter

Overcoming the 4 fitness killers and developing a lifetime of wellness in all four areas: body, soul, mind, and spirit



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