

women and wellness

You've Come a Long Way, Baby!



Over the years, women have found ways to be healthier and stronger. We've truly come a long way. But we still have further to go when it comes to our health. Ladies, let's get together to find new ways to be healthier and live longer. Join us for Women and Wellness. The cost? Zero. The value? Priceless. Just like you.



Motivational speaker
Polly Pitchford brings her **Radical Approach to Fitness to Women and Wellness**. You'll throw away your scale. And you'll actually have fun as you change your perspective and change your life.

Our program includes:

- Physician talks on a variety of health topics women face today
- Breakfast, luncheon and snacks
- Wellness information from 30 exhibitors plus gifts for all attendees
- Keynote presentation by Polly Pitchford.

Saturday, May 9, 2015
The Hilton University of Florida
Conference Center
9:00 a.m. - 2:00 p.m.

Attendance is limited.
Registration is required.
1-800-611-6913
www.womenandwellness.com