

12th Annual Women's Wellness Forum

Our Health Matters, So . . .
Bounce Into Balance
Saturday, March 13
7 a.m. – 2 p.m.
Payson High School Campus

Registration \$10
(Scholarships Available)
Register by calling
928-472-2588
Call Today!

Events

7:00 – 7:30 A.M.

ZUMBA! Join Christy Walton to wake up your day with a loud and active Latin dance party!

7:15 – 7:50 A.M.

Registration/Continental Breakfast
(PHS Auditorium Lobby)

8:00 – 8:50 A.M.

Opening Remarks and Keynote Speaker "Believe it! Be it!" with Ali Vincent



Special Guest Speaker
Ali Vincent
Winner of NBC's "Biggest Loser"

Breakout Sessions

9:00 A.M. – 12:20 P.M.

- ~ Balancing Life with Exercise
- ~ Balancing Your Healthy Soul
- ~ Bounce Into Balance with Home Repairs
- ~ Bouncing Back in Financial Hard Times
- ~ Bouncing Back with Negotiation Skills
- ~ Choosing the Right Foods
- ~ Evoke Your Passion
- ~ Getting Rid of Aches and Pains
- ~ Cancer- How to Stay in Balance

12:30 – 2:00 P.M.

Join us for Lunch and Vendor Show

Generously brought to you by the 2010 Women's Wellness Forum Committee and our sponsors. Thank you for your support!