

Amount Enclosed: _____

Participants Name _____

Please give the address that you wish all future correspondence to be sent.

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ FAX _____

E-Mail _____

Guest Name _____

Check

Make Checks Payable to:
WVU Center of Excellence in Women's Health

Please Send Checks to:
ATTN: Betty Critch
Center of Excellence in Women's Health
P.O. Box 9203
Morgantown, WV 26506

- Credit Card Phone: 304-293-5690
 Fax: 304-293-1627
 E-Mail: ecparsons@hsc.wvu.edu
- VISA
- MasterCard
- Discover

A representative from WVU COE will phone you for credit card processing information.



National Center of Excellence in Women's Health
ROBERT C. BYRD HEALTH SCIENCES CENTER

Women on Wellness

"If we, the women of West Virginia, control our own wellness we will change the state of WV."



May 20, 2010
David's At The Club, the Elks
Bluefield, WV

You're Invited!

National Center of Excellence in Women's Health
West Virginia University
PO Box 9203
Morgantown, WV 26506-9203

West Virginia University
ROBERT C. BYRD HEALTH SCIENCES CENTER



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WV 26506

What is Women on Wellness?

- It is a process developed by professionals to help women help themselves to a healthier life.



What is the focus of Women on Wellness?

- Empowering women to take charge of their health;
- Helping women find ways to improve their lives each day.

What will we do?

- Learn how to balance our mind, body and soul through a variety of group and individual activities you choose to sample during the day;
- Learn how to take control of your own wellness;
- Have fun doing good things for ourselves and others.
- Develop strategies for changing the way we feel and think about ourselves;
- Create individualized wellness programs.

Who will be there?

- Other women like you
- Local wellness providers
- Holistic providers
- Movement providers
- Women from the National Center of Excellence in Women's Health
- Health Screening Opportunities

What do I bring?

- Wear loose, comfortable clothing and comfortable shoes suitable for walking.

Doorprizes and giveaways and chances to win!

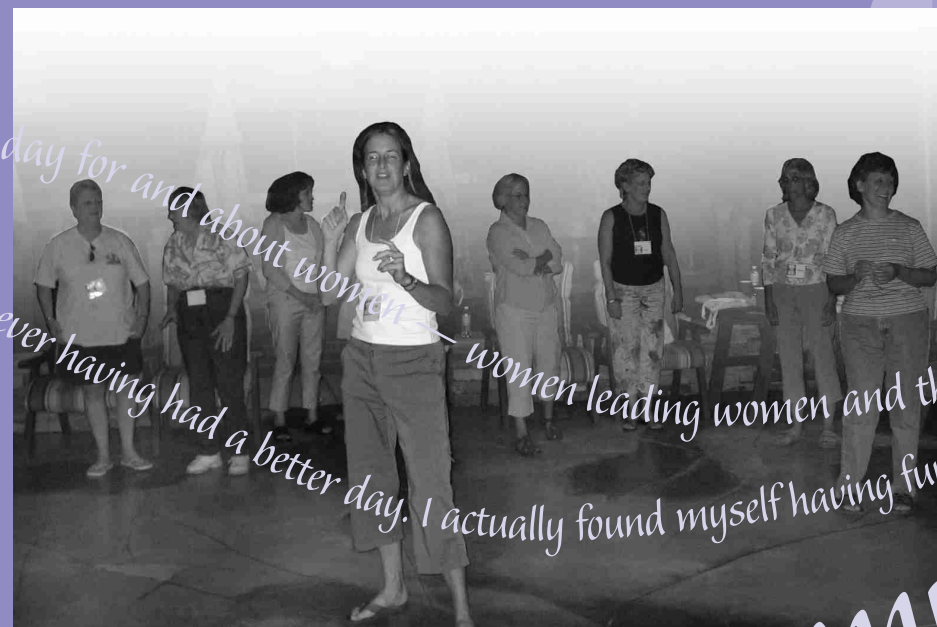
A light Breakfast, Lunch and afternoon Snack will be provided.



For more information and photos of other Women on Wellness events go to:
www.wvhealthywomen.org
www.wowicandoit.com

Driving directions to David's At The Club, the Elks

From 77 South take US 52 exit 1 toward Bluefield, Merge onto US 52 North/John F Nash Blvd toward US 460. Merge onto US 460 West toward Bluefield. Turn right onto WV 102/Maryland Ave., Stay straight to go onto West Cumberland Road/Maryland Ave. Turn right on Maryland Ave. Turn left onto Whitethorn Street. 1501 is on the left.



What is the cost?

- Registration fee \$50.00
- Scholarships are available. No woman will be turned away because of funding. Spaces are limited.
- Register online at www.wowicandoit.com or return card.
- For more details call Betty Critch at 304-293-2895

Schedule at a glance

May 20, 2010
8:00am-5:00pm

Registration and Breakfast Energizer
8:00am-8:30am

Setting the Tone
8:30am-9:00am

Participants are introduced to a process that helps create balance across three areas of taking care of the body: Maintaining, Moving and Nourishing the body.

Move Your Body
10:00am-12:30pm

Participants choose from a buffet offering of ways to move.

Lunch to Feed Your Soul
12:30pm-1:30pm

Participants celebrate the day with a healthy, energizing lunch.

Keynote Speaker to be announced

Unlock Your Behaviors
1:40pm-2:00pm

Participants are introduced to positive behaviors, small steps to improve maintenance, movement and nourishment.

Open buffet of ideas
2:00pm-3:30pm

Participants will choose from a buffet of opportunities to learn more about health maintenance.

Shake Your Soul
3:30-4:00

Participants will enjoy energizing, fun movement.

Complete Your Healthy Lifestyle Plan
4:00pm-4:30pm

Participants will complete a personal Healthy Lifestyle Action Plan.

Appreciation and Evaluation
4:30pm-5:00pm

"Wear comfortable clothes"