



# National Center of Excellence in Women's Health

ROBERT C. BYRD HEALTH SCIENCES CENTER

## Women on Wellness Retreat



"If we, the women of West Virginia, control our own wellness maintenance program on an individual basis, we will change the state of WV."

July 31, 2010

8:00 – 5:00 p.m.

Heston Farm, Fairmont, WV

Women on Wellness is an inspiring, fun and active session that enables participants to take responsibility for their wellness and motivates action to move towards a viable health maintenance plan for life.

Questions or comments contact Betty Critch 304-293-2895

For more information, and to register:

[www.wowicandoit.com](http://www.wowicandoit.com)

[www.wvhealthywomen.org](http://www.wvhealthywomen.org)

email: [ecparsons@hsc.wvu.edu](mailto:ecparsons@hsc.wvu.edu)

**FREE: SPECIAL FOR WOMEN IN THE MILITARY  
(ACTIVE, GUARD, RESERVES, VETERANS) AND  
WIVES/SIGNIFICANT OTHERS OF SERVICEMEN**

For women who have served in the armed forces or are married to men who are serving, and have served this year's WOW Retreat offers some special sessions, and the whole retreat may be enjoyed free of charge.

Contact us for details.