

*Women's Wellness Day 2007
Fall Into Wellness Mind. Body. Spirit.
October 11, 2007*

Agenda

9:00 am Registration

9:25 am Opening Prayer

Benefits of Gardasil by June Persons

Stress Incontinence by Martha Burton

Energizer by Health Education

Breast Health by Roberta Cady

Language & Culture by Verda King

LUNCH

W.I.C. by Athena Gray

Chair Aerobic Exercise by Lita Pepion

Important Health Numbers

Blood Pressure: ____/____

Blood Sugar: _____

BMI: _____ Body Fat %: _____

Healthy High Very High

You must have this filled out in order to receive
incentive items