



Women's *Health & Business* Symposium

Friday, April 29, 2011
9am - 3pm

Abbington Banquets
Route 53 & Butterfield Rd • Glen Ellyn, IL

For more details, visit www.dynamichealthywoman.com

Feed your mind... your body... and your spirit.



SPECIAL APPEARANCE BY

**Andrea
Metcalf**

Health & Fitness Expert
for NBC Chicago

Contributor to Oprah.com

Author of Naked Fitness

11am Breakout Session

**"5 Ways to Feel Good in Your Own Skin,
Secrets of Naked Fitness"**

1:30pm Breakout Session

**"How to get your Business on TV
& Leveraging Social Media To Do It"**

Door prizes and raffles throughout the day

including: a 64GB Apple® - iPad™ (\$689 value)

The 1st 100 attendees receive a Health Screenings Package which includes: Total Cholesterol Test, HDL, EKG, Blood Pressure Assessment, Blood Sugar Test, Body Fat Analysis, Personal Lifestyle Analysis, Risk Factor Identification (over \$569 value)

The Women's Health and Business Symposium

will focus on providing ALL women in the community the opportunity to shop, socialize, network and learn about multiple issues that will help them to optimize their health and professional development.

Hosted by:



**Adventist
GlenOaks Hospital**

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