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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: 304-293-0946

Fax: 304-293-1627

E-Mail: wvhealthywomen@hsc.wvu.edu

☐ VISA

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☐ Discover

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

West Virginia University
ROBERT C. BYRD HEALTH SCIENCES CENTER
National Center of Excellence in Women's Health
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Women On Wellness

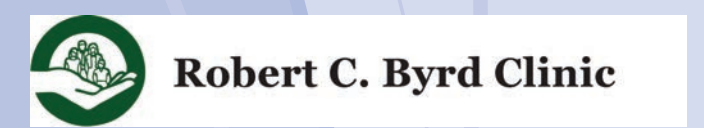
"WOW I can do it!"



September 8, 2012
WV Fairgrounds
Lewisburg, WV



Register now at
www.wowicandoit.com
or call 304-293-0946 or
see registration form on back



What is Women on Wellness?

- A fun, active day where women help themselves and their families to a healthier lifestyle.



What is the focus of Women on Wellness?

- Empowering girls and women to take charge of their health.
- Helping girls and 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.
- Yoga, zumba, massage, nutrition, heart health, and answer questions about your wellness.

Who will be there?

- Women, girls, moms, daughters, bffs, like you.
- Local wellness providers
- Holistic providers
- Movement providers
- Women from the National Center of Excellence in Women’s Health

What do I wear?

- Loose, comfortable clothing and comfortable shoes suitable for walking.

Doorprizes, giveaways, chances to win & free health screenings!
A light breakfast, lunch & afternoon snack will be provided.

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

What is the cost?

- \$50.00
- Volunteers participate for free.
- 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 Jessica Winters at (304) 293-0946
- Every woman will leave this event with a workbook which includes a personal wellness plan and journal, plus a renewed commitment and motivation to continue the process she has started.
- Help us preserve the environment! Bring Your Own Reusable Water Bottle (BYORWB) and be entered into a special prize drawing!



Directions to WV Fairgrounds, Lewisburg, WV

The WV Fairgrounds are located at 891 Maplewood Avenue (route 219 South) in Failea. From Interstate 64, take exit 169 to route 219 South.

Schedule at a glance

September 8, 2012
8:00am–5:00pm

Registration, Health Screenings and Breakfast Energizer
7:45am–8:30am

Welcome

Setting the Tone
9:00am–10:00am
Begin to create balance across three areas of taking care of your body: Maintaining, Moving and Nourishing.

Move Your Body
10:00am–12:30pm
Choose from a buffet offering of ways to move.

Lunch to Feed Your Soul
12:30pm–1:30pm
Celebrate the day with a healthy, energizing lunch.
Keynote: To Be Announced

Unlock Your Behaviors
1:40pm–2:00pm
Learn positive behaviors, small steps to improve maintenance, movement and nourishment.

Open buffet of ideas
2:00pm–3:30pm
Choose from a buffet of opportunities to learn more about health maintenance.

Shake Your Soul
3:30–4:00
Enjoy energizing, fun movement.

Complete Your Healthy Lifestyle Plan
4:00pm–4:30pm
Complete a personal Healthy Lifestyle Action Plan.

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

Wear comfortable clothes