

GO RED FOR *Women*



Come be inspired . . .

To live a more balanced life and better protect yourself from illness. Learn to take care of your total health.

Featuring Susan Arledge

Dynamic motivational speaker, energizing educator and author of "TGIMonday: 10 Strategies for Thriving in Today's Workplace"

Susan's insightful, humorous presentation emphasizes practical tools for taking care of your total health while being there for those who need you.



www.cmhvi.org

Monday, February 22, 2010

10:30a.m. to 1:00p.m.
Auburn Hilton Garden Inn Riverwatch
\$15 per person

For more information please visit the events calendar at www.cmmc.org or call 207-795-8448, or email prevention@cmhc.org

Programs

10:30-11:00
Exhibits and registration

11:00
Welcome
Cindie Rice, CMHVI Director of Health and Wellness and Cardiac Rehab

"Women Are From Venus, Men Are From Mars: A Down-to-Earth Discussion About Heart Disease in Women"
Cindie Rice

11:30
Heart Healthy Lunch



12:15
"Superwoman: So Many Roles, So Little Time"
Susan Arledge

1:00-1:30
Exhibits