

# It's All About Me.

Women's Wellness Day  
**September 27, 2014**

9:30 am - 3:30 pm

NorthBay Administration Center  
4500 Business Center Drive, Fairfield

**Reserve Your Seat!**  
**NorthBay.org/  
WomensDay**  
More Information:  
**707.646.3280**



Join us for our 10th Women's Conference. Diane Ciotta will inspire you with her keynote presentation, "**P**ositive **M**otivating **S**trategies for Women". Then, you'll select 3 workshops presented by respected healthcare professionals. The day also includes lunch and a mini-health fair & market.



Diane Ciotta engages female audiences with humor and encouragement. She inspires women around the country with her high energy, optimism and commitment to integrity.

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#### REGISTRATION FEES:

\$35 Individual

\$30 Early Bird (before 9/12)

\$30 Senior

\$45 after 9/24

## WORKSHOPS

#### Session 1:

- Balancing a Healthy Life
- Hot Topics in Women's Health
- Making Exercise Easy & Making it Count

#### Session 2:

- Is Your Thyroid Out of Whack?
- The Amazing Power of Women's Intuition
- 5 Keys for Brain Health

#### Session 3:

- Good Food is Good Medicine
- Laugh Out Loud
- Herbs for Your Health

**RSVP:** [NorthBay.org/WomensDay](http://NorthBay.org/WomensDay)

