



Resiliency: *How to Find Balance*

Saturday, November 10, 2012

Labor & Professional Building

Large Conference Room, 1st Floor
411 Main Street, St. Paul, MN 55102

Free parking behind building

Honoring Women Worldwide™

Uniting Women Globally to Thrive in Our World

Resiliency: *How to Find Balance*

Join our outstanding panel and learn how to:

- cope with the pressures of life,
- balance competing demands on your time, both at work and at home,
- change your interactions with others to ensure healthy relationships and positive outcomes,
- practice “*Yoga of the Mind*,”
- appreciate the value of personal time, and
- find better-for-you foods that are full of flavor and fun.

Commit to do “*three things*” for self every day.

Preliminary Agenda

- 8:30 am Networking, Silent Auction, Continental Breakfast
- 9:30 am Program, Shoe Contest, Fashion Show
- 12:00 pm Closing

Diverse Entertainment
Details forthcoming.

Free
Blood Pressure
Check



Brooke Campbell

Well-being Health Coach & Coordinator
Regions Hospital
Certified Wellness Coach
NSCA Certified Personal Trainer



Demeka Campbell, MD

Hospital Medicine Physician
Regions Hospital



Damaris T. Perez Ramirez, MA

Licensed Psychologist,
Behavioral Health
HealthPartners Inver Grove Heights Clinic



Marcella de la Torre, MNM

Moderator
Manager, Quality Initiatives & Faculty Development
HealthPartners Institute for Education and Research

Fashion Show

Participate in our Fashion Show by wearing your native dress or unique outfit. You will make new friends, have fun... and *leave with new ideas and strategies to succeed.*



Silent Auction

Bid on fabulous items during the event.
Auction list available online prior to event.

Success in Shoes... Shoe Contest

Win a prize in our Shoe Contest.
To compete, email info@honoringwomenworldwide.org

Prizes will be awarded for:

- ♦ most colorful
- ♦ interesting
- ♦ classy
- ♦ highest heel
- ♦ outrageous



Register online at:

www.honoringwomenworldwide.org

Registration Deadline: November 7, 2012

\$29.00 Regular

\$15.00 Student

Phone 651-730-0900

Honoring Women Worldwide
Mission

Mobilizing, inspiring, and honoring women and families from all cultures to lead and succeed.

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