HUNTING FOR HEALTH:
Targeting Women’s Health & Wellness

SATURDAY, NOVEMBER 15
9 a.m. to 3 p.m.
Creek Center Banquet Hall
72025 North Ave.
Armada, MI

A RETREAT WITH SPEAKERS, WORKSHOPS, PLUS: Shopping with local vendors featuring health and wellness products, books, flowers, etc.

continued...
You’re invited to set your sights on healthy living.

“Hunting for Health” is a retreat for women focused on ways to make your life healthier and happier. The program blends health and wellness topics, self-improvement, and healthy-cooking tips. It promises to be a stimulating, inter-active experience that will inspire women to follow a healthy life style. See right for scheduled speakers and other program features.

ALL REGISTRATIONS ARE DUE BY NOV. 7. Call (800) 532-2411 to register by phone; or register on line at Henryfordmacomb.com/hunting. Payment is required at registration. Credit cards or checks are accepted. Registrations limited.

Make checks payable to Henry Ford Macomb Hospitals.

Mail to: Henry Ford Macomb Hospital/Hunting
43421 Garfield Road, Suite 8
Clinton Township, MI 48038

Cost: $30 includes continental breakfast and lunch.

PROGRAM - SATURDAY, NOV. 15
8:30 a.m. CHECK IN & BREAKFAST

9:15-11:15 a.m. KEYNOTE SPEAKER -
Brenda Szalka, LMSA, CEAP, SAP.
“A Mindful Approach to Happiness” — How to reduce your stress and increase joy during the long winter season. Brenda is manager of Henry Ford Health System’s employee assistance program. She has broad clinical experience in chemical dependency and mental health. As a professional development trainer and coach, she has presented to a wide range of audiences on topics such as: thriving on change, stress management, work-life balance, effective communications, dealing with difficult people, avoiding compassion fatigue, leading for success, and many others. She is a graduate of Wayne State University. Brenda and her family live in Armada.

WORKSHOPS
1. Healthy Holiday Recipe Modifications with samples - by Pat Jurek, registered dietitian and director, Center for Weight Management, Henry Ford Macomb Hospital.


3. The Health Benefits of Lavender - by Iris Underwood, Yule Love It Lavender Farm, Leonard, MI

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Go to:
Henryfordmacomb.com/hunting