

Join Us For...

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Healthy, Wealthy & Wise

An exhilarating day filled with information on health, nutrition, finances and education. Focusing on topics that will promote personal and professional growth for women, Healthy, Wealthy & Wise will be a great opportunity to learn new strategies for enhancing your life. Kicking off with a continental breakfast, the day includes amazing educational and motivational speakers, a fabulous lunch and raffle prizes. ***DON'T MISS IT!***

Saturday, April 17, 2010

8:00 a.m. to 1 p.m.

Event Location: United Methodist Church - 6640 South Kings Ranch Road, Gold Canyon, Arizona 85118

Cost: \$20 - Includes a continental breakfast and lunch

LUNCHEON KEYNOTE SPEAKER

Barbara Fenzl - "A Culinary Journey to Feed the Soul"

By following your passion, working hard, and accepting challenges, every dream is possible. Barbara will share her story with the hope of inspiring others to follow their visions.

Barbara Pool Fenzl is a major figure on the American culinary stage. Her first love is teaching, but she is also a cookbook author, magazine writer, and television personality. In 1983, Barbara founded Les Gourmettes Cooking School in Phoenix, which offers demonstration classes taught by her, restaurant chefs, cookbook authors, and traveling teachers from across the country.

EDUCATIONAL WORKSHOP SPEAKERS

HEALTHY - "Living a Wellness Way of Life"

Learn about the seven dimensions of wellness and how you can begin to pursue a wellness way of living to achieve your optimal level of health. Understand how your physical well-being can be positively or negatively impacted by the other dimensions of wellness and five "first steps" along the path to wellness.

Speaker: Ellen Owens-Summo, M.Ed., DTR

WEALTHY - "WEALTH-From the Inside Out!"

Money might be tight, the economic recovery seems elusive and every purchase considers the budget. But, we all have an inner wealth and abundance. In this interactive session, you will explore your own personal wealth from the inside out and learn some simple tools to practice your "wealthy mindset" on your own!

Speaker: Lillian Coury, Life and Business Coach

WISE - "Learn More Earn More"

If you have been considering a "life lift" then advancing your education is definitely an important first step. The options abound for reinventing your future. This session will inspire you with potentially life-changing educational opportunities and you will receive a "get started" packet to take with you.

- Practical tips on how to survive and thrive in any economy
- The biggest financial concerns of women and how to avoid them
- 3 easy things women can do to reach their goals.

Speaker: Sharon Stinard, Central Arizona College

For Complete Event Information: Visit www.goldcanyonbank.com or contact Debbie Jusko at 480.366.5087 or djusko@goldcanyonbank.com

EVENT REGISTRATION FORM

Name

Address

City, State, Zip

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**Please make \$20 check payable to:
Gold Canyon Bank**

Mail registration form with check to:
Gold Canyon Bank
Attn: Debbie Jusko
6641 South Kings Ranch Road, #2
Gold Canyon, AZ 85118

Sorry, we are unable to accept credit cards and no refunds.

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