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January 11, 2010

**HEALTHY, WEALTHY & WISE EVENT TO BE HELD ON SATURDAY, APRIL 17, 2010  
SPONSORED BY GOLD CANYON BANK**

**EVENT INFORMATION**

Healthy, Wealthy & Wise

**Date:** Saturday, April 17<sup>th</sup>, 2010

**Registration begins:** 8:00 am

**Lunch:** 12 noon

**Location:** United Methodist Church

6640 South Kings Ranch Road

Gold Canyon, Arizona 85118

**Cost:** \$20 *Includes a continental breakfast provided by Gold Canyon Golf Resort and lunch provided by Central Arizona College*

**For Complete Event Information:** Visit online at [www.goldcanyonbank.com](http://www.goldcanyonbank.com) or call Debbie Jusko at 480.366.5087

Healthy, Wealthy & Wise will be a fun, interactive, information filled event that includes exciting, well-known speakers, valuable information on nutrition, finances and education, a fabulous networking opportunity and a hosted luncheon. Sponsored by Gold Canyon Bank, the event will focus on topics that will promote personal and professional growth.

**Featuring Keynote Speaker, BARBARA POOL FENZL**

She is a major figure on the American culinary stage, cookbook author, magazine writer and television personality.

**"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.

**Workshops:**

**HEALTHY**

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

Director of the Greater Valley Area Health Education Center

**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.

**WEALTHY**

Speaker: Lillian Coury, Life and Business Coach

**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!

**WISE**

Speaker: Sharon Stinard, Central Arizona College

**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 includes practical tips on how to survive and thrive in any economy, the biggest financial concerns to avoid and 3 things women can do to reach their goals. You will also receive a "get started" packet to take with you.

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