

● ● ● The Superwoman Myth ● ● ●



Do you ever feel like you are running on the treadmill of life and can't seem to jump off? Crossing off items on our to do list can be a never-ending battle. And although our intentions are good, trying to 'do it all' can have quite the effect on our health and happiness!

**Join us on Saturday, March 2, at Pine Grove Country Club
1520 W. Ludington Street in Iron Mountain, MI for the
Women of Wellness (W.O.W.) Conference**

to learn how the Superwoman Ideal is costing women their health and happiness. National Keynote Speaker, Meg Bucaro will teach us what to do about it in her program which is:

“rich in content, humorous by nature, and entertaining in delivery!”

Space is Limited. Reserve your spot today ... you won't want to miss out!

Speakers • Product Vendors • Free Health Screenings • Great Food • \$100 Cash Prize!

NEW TIMES FROM PREVIOUS YEARS:

- 8:00 am - 10:00 am Doors Open / Vendor Booth Viewing / Free Breakfast Snacks
Free Health Screenings (no fasting required for lab work)
- 10:00 am - 10:15 am Welcome
- 10:15 am - 11:25 am Presentations from various Dickinson Cty Healthcare Professionals
- 11:30 am - 12:15 pm Lunch
- 12:15 pm - 1:15 pm Keynote Speaker-Meg Bucaro
- 1:15 pm - 1:45 pm \$100 Cash & Prize Drawings

PLEASE NOTE-this will be the last year we send a paper registration form in the mail. Moving forward the announcement of this event as well as registration will be posted on our website and social media. Paper copy registrations will be available upon request. Thank you.

Please make checks payable to DCHS

Mail to: W.O.W. Conference
Dickinson Cty Healthcare System
Teresa Schettler - PR
1721 S. Stephenson Avenue
Iron Mountain, MI 49801

Please use one form per person.
Any questions, please contact:
Teresa.Schettler@dchs.org
(906) 776-5521

Registration: \$25 per person. All registrations go in the \$100 Cash drawing!

FINAL REGISTRATION DEADLINE IS FEBRUARY 11TH

Name: _____ Date _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ (if registration is full you will be notified by phone)

Amount enclosed: _____ Date: _____

Email Address: _____

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