



# Reflections of Wellness

## FOR WOMEN

**Saturday, February 15, 2014**  
**8 a.m. to 1 p.m.**

**West Allis Central High School**  
 8516 W. Lincoln Avenue  
 (Use auditorium entrance)

- *New Exhibits*
- *Refreshments*
- *Screenings*
- *Raffle to benefit the Greater Milwaukee Free Clinic*

**Registration fee:**  
**\$10 if received by Feb. 6th**  
**\$15 at the door**

Presented by



8 to 9 a.m.	<b>Registration</b> Exhibits, screenings and refreshments
9 to 9:15 a.m.	<b>Welcome</b> Rev. Rachel Olson
9:15 to 10:15 a.m.	<b>Live Long, Die Healthy</b> John Shier, RN, PhD
10:15 to 11 a.m.	<b>45-minute break</b> Exhibits, screenings and refreshments
11 to 11:45 a.m.	<b>Practical Tips for Healthy Eating</b> Heather Klug, RD
11:45 to Noon	<b>Mini-break</b>
Noon to 12:45 p.m.	<b>Are You Stressed Yet? Creating Balance Amidst the Challenges of Life</b> Michael Rupsch, LPC, LCSW
12:45 to 1 p.m.	<b>Closing/Evaluations</b>

## Reflections of Wellness for Women – 2014



To register go to  
[www.Aurora.org/events](http://www.Aurora.org/events)  
 (keyword: *Reflections*)  
 or complete this form, detach  
 and mail before Feb. 6 to:

Aurora West Allis Medical Center  
 Women's Health Education  
 Attention: Colleen Struck  
 8901 W. Lincoln Avenue  
 West Allis, WI 53227

Registration form may be  
 copied for multiple registrants.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

**Registration fee: \$10** Please make check payable to Aurora Health Care.

For more information or to inquire about scholarship, please call 414-328-7521  
 or email [terese.beauchamp@aurora.org](mailto:terese.beauchamp@aurora.org).