



"WOMENFEST"

Strong~Savvy~Sage

...a wellness event for women

JOIN US FOR THIS FUN, INTERACTIVE EVENT THAT FOCUSES ON HEALTH, WELLNESS, FASHION & BEAUTY. DESIGNED TO INSPIRE WOMEN TO LIVE MORE BALANCED, HEALTHIER, AND FULFILLED LIVES!

THURSDAY, SEPTEMBER 10, 2009
BAIN CENTER
10:00 AM—2:00 PM

SPECIAL
WOMENFEST
GIVEAWAY

FREE HEALTH SCREENINGS

SEMINARS ON RELEVANT & ENGAGING TOPICS, INCLUDING:

- BRAIN FITNESS
- LAUGHTER
- WEB SURFING & SOCIAL NETWORKING FOR DUMMIES

FASHION EVENT BY "RAVE REVIEWS"

A VARIETY OF EXHIBITORS GEARED TOWARDS YOU

PARTICIPATE IN AN EXERCISE DEMO

- EXERCISE FOR THE FRUGAL FEMALE
- BELLY DANCING
- DRUMMING CIRCLE

(FOR COMPLETE SCHEDULE VISIT WWW.HOWARDCOUNTYAGING.ORG, CLICK ON WOMENFEST)



BAIN CENTER, 5470 RUTH KEETON WAY
COLUMBIA, MD. 21044

EVENT IS FREE

PRE REGISTER BY 9/3/09, TO RESERVE A GOURMET BOX LUNCH
SUGGESTED LUNCH DONATION FOR ATTENDEES OVER 60 IS \$3.00

ALL OTHERS, LUNCH IS \$6.00

CALL (410) 313-7213

OR EMAIL BAIN@HOWARDCOUNTYMD.GOV

(SUBJECT LINE: WOMENFEST)

