



A **Free** Workshop Series for Women

Believe in your unlimited power and potential, **Build** the skills necessary to succeed,
Be the powerful woman you are meant to be

YOUR HEALTH & WELL-BEING!

Eat Right & Exercise



Presenter:

McKenzie Hall, Registered
Dietician & Nutritionist
Great Ways to Prepare
Food
Healthy Eating!



Presenter:

Shauna Parnell Smith, Certified
Jazzercise Instructor
Dance to the Music
Fun! Fun!

Saturday, March 15, 2014
10 a.m. – 12:30 p.m.
Savia Community Center
13780 Newhall Avenue, Newhall, CA

Child Care Available

Child care is sponsored by Single Mothers Outreach.
Register no later than one week before the workshop
at www.singlemothersoutreach.org or call 661-288-0117
Spanish Translation Available

Certificate Drawing
10 am arrivals - eligible



LifeForward workshops are sponsored by Zonta Club of Santa Clarita Valley in collaboration with Single Mother's Outreach, Domestic Violence Center, Habitat for Humanity SF/SCV Returning Women Veterans and LA County Department of Child & Family Services serving Foster Moms. Schedule of upcoming workshops at www.scvzonta.org

ALL WELCOME!

