

LifeForward

Believe, Build, Be.

A Free Workshop Series for Women

Topic:

“Women’s Health Issues – Take Care of Yourself!”

SAVIA COMMUNITY CENTER
23780 Newhall Avenue, Newhall, CA

Saturday, April 26, 2014
10:00 a.m.-12:30 p.m.



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

ALL WELCOME!!

See the attached flyer for additional information

LifeForward

Believe, Build, Be.

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!

WOMEN'S HEALTH ISSUES

Health Professionals Present – Take Care of Yourself!

Saturday, April 26, 2014

10a.m. – 12:30 p.m.

Savia Community Center

23780 Newhall Avenue, Newhall, CA



Presenter:

Cecelia Hann, MD

How we are different;
Life changes;
Understand your
body



Presenter:

Dr. Roger De Sesa, D.C., C.C.W.P.

Five tips to beat stress;
Stay fit while you sit;
Massage demonstration & free
Massage drawing

Presenter:

Dr. Jeffery Shapiro,
Homeopathic Doctor

Importance of Sleep – affects
your mood, concentration
and sense of well-being;
Tips for a good night's rest

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

Certificate Drawing
10 am Arrivals



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

ALL WELCOME!

