

Let's Re-Energize!
Health is on the Way

Saturday, August 12th, 2023

8:30 a.m. - 2:00 p.m.

Check-in starts at 7:45am



Pre-Registration is \$15.00

Name: _____
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or make checks payable to
MHA Foundation • 431 S. Beeline Hwy, Suite #1 • Payson AZ 85541
(Fold & seal with tape or place in envelope for mailing)
Call to register by phone 928.472.2588

Saturday, August 12th~ Mazatzal Hotel Ballroom
Women's Wellness Forum Agenda

7:45 a.m. to 8:30 a.m.
Check-in - Visit Vendor Tables
Snacks Provided (NO Breakfast)

8:30 a.m. to 8:45 a.m.
Welcoming Remarks

8:45 a.m. to 9:20 a.m.
"Chocolate Therapy"
Dale Bellisfield, R.N., HN-BC, RH (AHG)

9:20 a.m. to 9:55 a.m.
"Re-Energize Your Skin"
Cami Alexander, MSN, FNP-BC / Kristin Woods, MSN, FNP-BC

9:55 a.m. to 10:10 a.m.
Brain Break / Raffle Prizes

10:10 a.m. to 10:45 a.m.
"Benefits of Gardening"
Cathy Hicken

10:45 a.m. to 12:10 p.m.
Buffet Brunch
Visit Vendor Tables

12:10 p.m. to 12:45 p.m.
"The Psychology of Gratitude"
Roxana Barrios-Orozco, LCSW, PMH-C

12:45 p.m. to 1:00 p.m.
Brain Break / Raffle Prizes

1:00 p.m. to 2:00 p.m.
"Finding the Funny"
Jan McInnis- Keynote Speaker

For additional information call MHA Foundation at 928.472.2588 or visit
www.mhafoundation.com

Healthy mind in a healthy body!