



Women's Health Conference 2013 Meet the Presenters

Dear Michelle



The 11th Annual Women's Health Conference is almost here! *What one change will you make this year?* Will you establish a healthy new habit, learn how to nourish your body, or just enjoy a little "me time"? Get to know this year's exercise instructors who will help you change your body in healthy and fun new ways!

Have A Boot Camp Blast with Lynn Wracan

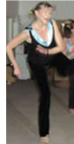


Lynn Wracan is an exercise physiologist with over 20 years of experience. In a series of stations combining resistance training and cardiovascular movements, Lynn's **Metabolic Boot Camp** offers an express workout that will continue burning calories for up to 48 hours! [Register Online](#)

To learn more about Lynn's personal training business, visit her website www.MobileMetabolicTesting.com

Be Transformed by Nia Dance with Nancy Hammett

Nancy Hammett's extensive background includes ballet, gymnastics, yoga, karate, and personal training. In addition, she has been practicing Nia for over 15 years. Nia Dance empowers people of all shapes and sizes to transform their bodies while uniting their mind and spirit joyfully in movement. Join Nancy as she engages you in the fun of **Nia Dance**. [Register Here](#).



For more information on Nancy and Nia Dance in action, visit www.SoundMindAndBodyLLC.com.

A Dance Party to End Your Day with Alisa Bowens

As an added bonus to your day, certified Dance Masters of America instructor, Alisa Bowens, will be sharing the energizing power of Latin rhythms. A chance for all Health Conference participants to come together in the Expo Center to enjoy a group dance experience that will leave you feeling energized. This session doesn't require sign-up as it is open to everyone as part of the general [Conference Registration](#).



For more information on Alisa visit: www.AlisasHouseOfSalsa.com.

2013 WHC Sponsors

This exceptional day of fun is possible due to the support of:

Lieutenant Governor
Nancy Wyman



WHC 2013

The Women's Health Conference is

March 3rd, 2013

8:30 am to 4:00 pm
at the

**Omni Hotel,
New Haven, CT**

**Early Registration:
\$75 (before Feb. 5,
2013)**

General
Registration: \$90
Senior: \$75

[REGISTER ONLINE](#)

Be in Our Expo

The Women's Health Conference is a great place to promote your business while helping a great cause. You can:

*Reserve your space at our Expo and Market Place

*Contribute items to Goody Bags

*Donate to the Silent Auction

*Sign on as a sponsor (it's not too late!)

[Learn more](#) or call us at 203-458-6699.

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