

Healthy Woman and Someplace Safe Present:

# The Balanced Woman

## Mid-Summer Symposium



**Saturday, July 28 + 8:30 a.m. - 5 p.m.**

At Kent State University – Trumbull Campus  
4314 Mahoning Avenue, N.W., Warren

**Be Wise ◀ Be Healthy ◀ Be Stress-Free ◀ Be Safe**

### Agenda

8:30 a.m. - Registration

9 a.m. - Dr. Jennifer Lloyd: *Put Your Best Face Forward*

10 a.m. - Dr. Tara Shipman: *Things That Fall*

11 a.m. - Dr. Salvatore Caronite: *Keeping The Oranges in the Air*

2 p.m. - Dr. Mary Wilson: *Debunking the Myths About Crime & Women*

3 p.m. - Lana Kontos: *Nutrition + Lifestyle = Wellness & Balance*

Yoga (Noon-1 p.m., 4-5 p.m.) + Lunch (Noon-2 p.m.) + Vendors (Noon-5 p.m.)

### Other Special Features

- ◊ Experience yoga, massage, meditation and more
- ◊ Vendor displays: arts & crafts, nutrition, inspiration and services to help *balance* your life.

**Registration fee: \$25 (includes continental breakfast, boxed lunch and snack)**

Reserve your seat by calling 330-393-3003; online at [www.SomeplaceSafe.org](http://www.SomeplaceSafe.org);  
or return completed form on reverse side.

All proceeds benefit



**HEALTHY WOMAN™**  
A TRUMBULL MEMORIAL HOSPITAL RESOURCE

1350 East Market Street + Warren, OH 44482 + (330) 841-9011  
[www.TrumbullMemorial.net/HealthyWoman](http://www.TrumbullMemorial.net/HealthyWoman)

Join Healthy Woman today. Membership is FREE, and the benefits last a lifetime.  
To join and learn more about upcoming events, log on to [www.TrumbullMemorial.net/HealthyWoman](http://www.TrumbullMemorial.net/HealthyWoman).

Fill out and detach form

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Check appropriate box:  \$25 Check or Money Order enclosed OR  MasterCard  Visa  American Express

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ValleyCare Health System (OH- 055-09-01-12) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-00 1-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This program has applied for 5 contact hours.

**This program is open to the General Public; however, if you are applying for CEs check the appropriate box:**

Nursing  Counseling  Social Work  Massage Therapy  Other \_\_\_\_\_