

# Women's Health Conference

24<sup>th</sup> Annual

## Take Charge of Your Health

Two FREE Programs

Thursday, March 8, 2018

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Thursday, March 22, 2018

Hazelden Betty Ford CORK Center  
Center City, MN

Take Highway 8 to 15245 Pleasant Valley Road, then follow signs

Shuttle service will be available from surrounding parking lots to the CORK Center entrance for those needing assistance

NO  
pre-registration  
required!

Attend one or both nights!

COME SEE  
WHAT'S NEW!

**BOTH NIGHTS:**  
Health screenings,  
exhibits, healthy  
snacks, door prizes,  
mini-massages,  
and more.

### Thursday, March 8

## *Living Life in Tandem with Gratitude*

5:30-6:45 pm: FREE INTERACTIVE HEALTH FAIR

7:00-8:00 pm: Speaker - Author and Humorist Kim Kane  
on the topic of Women Aging in Gratitude

Kim Kane has been in the educational field for the past 30 years. Kim is also a 35-year national trainer and presenter on a variety of topics including education, chemical dependency, stress reduction, mindful practices, and most recently on women, aging and living in gratitude.



Living Life in Tandem with Gratitude is an uplifting and encouraging presentation that is filled with humor, stories, and positive takeaways; such as tips and strategies for living a grateful lifestyle. It will leave an audience filled with encouragement and a sense of optimism!

Kim recently published her first book, 'Sparkle On... Women Aging in Gratitude'. This book represents her belief it is never too late to do and to be whatever it is your desire!

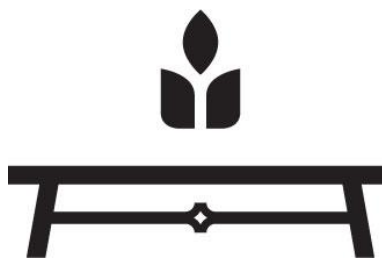
### Thursday, March 22

## *Farm to Table:*

## *Healthy Eating Using Local Resources*

5:30-6:45 pm: FREE INTERACTIVE HEALTH FAIR

7:00-8:00 pm: Cooking Demonstration with Jessica Turtle,  
Creative and Marketing Director, Farm Table Foundation



The Farm Table Foundation supports local farms and farming communities. We believe the quality of life is directly impacted by the quality of local soil. We seek to make the connection between farm health and community well-being apparent. Our classes, events, and local food in downtown Amery all serve to highlight a central tenet - how we feed ourselves matters. Farm Table believes local food is fresher, carries more nutrients, keeps us working positively with nature, and provides an endless set of possibilities. The creativity drawn forth to farm and cook well is our eternal engine of ingenuity and culture.

Sponsored by:

Chisago County Public Health | Fairview Lakes Medical Center | Hazelden Betty Ford Foundation  
St. Croix Regional Medical Center