

Midwest Medical Center Women's Health Summit

At Chestnut Mountain Resort

In historic and beautiful Galena, IL

April 12-14, 2012

Two and a half enriched days of the most important and recent information on women's health issues, including diabetes, cancer, and cardiovascular disease. This summit brings together world class motivational speakers on women's health and fitness, ZONING Fitness by Heart Zones, workouts for your mind and your body and carefully prepared healthy meals. Individual breakout sessions and a special Midwest Medical Center physicians roundtable will finish out the weekend.

World class speakers on Women's Health and Fitness



Sally Edwards is an international speaker and motivational spokeswoman for the Danskin and Trek Triathlon Series. Sally has written more than twenty books on fitness and is the owner of Heartzones USA.



Dr. Len Kravitz, Ph.D. is an energetic and passionate speaker when it comes to fitness and health. He is an author, educator, and exercise scientist at the University of New Mexico and has received numerous awards from various organizations.

50% Bootcamp

50% Education

150% Fun

200% Essential

Sponsored by:



**For more information visit
www.midwestmedicalcenter.org**



Plan on attending this 3 day event in beautiful Galena, IL. You will receive the most current and important information on health issues affecting women; diabetes, cancer, cardiovascular disease and obesity.

Come with questions, leave with assessments, answers and an action plan for your own personal wellness.

Health Assessments: Body composition, Body fat, Blood Pressure, Circumference measurements, weight, and BMI

Seminars: with the world's leading experts on women's health and fitness

Workouts: ZONING fitness, water exercise, yoga, and hiking to name a few

Socializing: Wine tasting by a local winery

Nutrition: Learn how and what to eat for optimum health

CEU's available to fitness professionals.

Stay the weekend after the event and enjoy Galena...
visitgalena.org and galenachamber.com

Contact:

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