

Registration Form

This form may be copied for additional registrations.

Name

Address

City State Zip

Phone (Day) (Evening)

Email

Payment Method

- ☐ \$40 per participant
- ☐ Express Package (9 am–12:45 pm)
\$30 per participant
- ☐ Check (payable to Evangelical Community Hospital)
- ☐ Credit Card

Name as it appears on the credit card

☐ Mastercard ☐ Visa ☐ Discover

Card Expiration Date ____/____/____

*Gift certificates and scholarships are available.
Please call for more information.*

*Your registration fee includes a continental breakfast,
a buffet lunch, and a special gift.*

*Please wear comfortable clothing and footwear for
this event.*

*Please return this form with your payment to:
Evangelical Community Health Education
7095 West Branch Highway, Lewisburg, PA 17837
or call (570) 768-3200 to register.*

*Due to space limitations, all registrations
will be processed in the order in which
they are received. Registrations are
non-refundable. If you are unable to
attend, please send a substitute.*



Gift Sponsor:



Co-Sponsor:

The Eye Center of Central PA

**A special thanks for services:
Country Cupboard**



10th annual women's day Out

Saturday, March 16, 2013

8 am–3 pm

Country Cupboard, Lewisburg

Event Sponsor:



Capital BlueCross

Independent Licensee of the BlueCross BlueShield Association

Your Day Out Includes...

8-9 am

Registration
Continental breakfast
Visit with vendors

9-10 am

Keynote Speaker:

Dr. Petra Lynch

"The Heart of Women's Health"

10:15-11:15 am

Breakout Session 1

11:15-11:45 am

Visit with vendors

11:45 am-12:45 pm

Lunch, visit with vendors

-----Express package ends-----

1-2 pm

Breakout Session 2

2-2:20 pm

Visit with vendors

2:25-2:50 pm

Closing Speaker:

**Heather Baranoski, M.S., CWC
Certified Wellness Coach**

"Motivation - Living Your Best Life"

2:50-3 pm

Door prizes and closing remarks

10th annual women's day Out

Evangelical Community Hospital's Women's Day Out unites women of all ages and provides an opportunity to explore wellness and its many benefits through education and hands-on workshops. Women learn methods for making positive changes in their lives.

Bring your mom, sister or friend. Visit our many vendors and shop for yourself or someone special. Pre-registration with payment will confirm your space. Register early to attend the women's event of the year! Can't attend a full day? Take advantage of our Express Package.

Keynote Speaker:

Dr. Petra Lynch

Geisinger Interventional Cardiologist



Petra Lynch, MD, is a member of the Evangelical Cardiology team. She is board certified in Internal Medicine and specializes in minimally invasive cardiovascular procedures, including heart and peripheral vascular catheterizations, balloon angioplasty and stent placement.

During her keynote presentation, "The Heart of Women's Health," Dr. Lynch plans to address health issues facing women, including heart disease.

Please indicate your first (1) and second (2) choices in each session. Space is limited and requests will be honored as they are received with payment.

Breakout Session 1

- **Staying Strong:** Improve bone density, muscle strength, flexibility and balance — Ashley Geiser, Instructor, Evangelical Community Health Education
- **Women and Clutter:** Break through the damaging cycle of disorganization to discover contentment and fulfillment in life — Betsy Kramer, Owner/NAPO Professional Organizer, Cash in Clutter
- **Having Fun with Fruits and Vegetables:** Deb Wendt & Melissa Gro, Country Cupboard Bakery
- **Yoga:** Release stress and maintain your health — Lenore Askew and Susan Johnson, Certified Kripalu Yoga Instructors
- **50 Shades of... Relationships:** Interpret the relationships in 'Fifty Shades of Grey' to apply concepts depicted in the trilogy — Darla Farr, LCSW, owner and creator of Farr Better Matches
- **Color Your World:** Creative tips to create an outdoor living area of annuals and perennials, plus soil and fertilizer secrets — Keith Phelps, Country Farm & Home Gift and Garden Center

-----Express package ends-----

Breakout Session 2

- **HiLo Dance:** This energetic workout combines HiLo aerobics with dance-based moves — Heather Baranoski, M.S., CWC, Group Fitness Instructor
- **Women and Clutter:** Break through the damaging cycle of disorganization to discover contentment and fulfillment in life — Betsy Kramer, Owner/NAPO Professional Organizer, Cash in Clutter
- **Having Fun with Fruits and Vegetables:** Deb Wendt & Melissa Gro, Country Cupboard Bakery
- **Integral Yoga:** Strengthening postures, deep relaxation, breathing practice, and meditation — Dawn Shawley, Certified Hatha Yoga Instructor
- **Battle of the Sexes:** Explore the relational differences between men and women — Darla Farr, LCSW, owner and creator of Farr Better Matches