

Embrace Your Health

"Good health is not something we can buy.

However, it can be an extremely valuable savings account."

~ Anne Wilson Schaefer

Please join us

Saturday, August 14th



Pre-Registration is \$15.00



Name:

Address:

City, State Zip:

Phone:

Email:

Credit Card Number:

Exp Date:

3 digit security code:

Cardholder's Signature:

or make checks payable to MHA Foundation and
mail to MHA Foundation • 431 S. Beeline Hwy. Suite #1 • Payson AZ 85541

(Fold & seal with tape or place in envelope for mailing)

Call MHAF to register by phone 928.472.2588

Saturday, August 14th ~ Mazatzal Hotel Ballroom
Women's Wellness Forum Agenda

7:45 a.m. to 8:30 a.m.

Registration ~ Visit Vendor Tables
Snacks Provided (NO Breakfast)

8:30 a.m. to 8:45 a.m.

Welcoming Remarks

8:45 a.m. to 9:30 a.m.

"Biblical Health"
Simone Lake

9:30 a.m. to 9:40 a.m.

Break

9:40 a.m. to 10:25 a.m.

"Embrace Omega-3's for Healing & Wellness"
Dee McCaffrey, MS
Organic Chemist

10:25 a.m. to 11:40 a.m.

Buffet Brunch
Visit Vendor Tables

11:40 a.m. to 12:25 p.m.

"Raising Resilience in Post-Pandemic Times."
Patty Wisner, NAMI

12:25 p.m. to 12:35 p.m.

Break

12:35 p.m. to 1:35 p.m.

"The Healing Power of Laughter"
Diana Jordan – Keynote Speaker

1:35 p.m.

Raffle Drawings ~ MUST BE PRESENT TO WIN
Visit Vendor Tables

For additional information call MHA Foundation at 928.472.2588 or
visit www.mhafoundation.com

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Happiness is the highest form of health