

HEALTHY WOMAN™

A NORTHWEST HEALTHCARE RESOURCE

2012 Healthy Woman Anniversary Event

FACING OBSTACLES, FINDING JOY

Join us for an annual health education and information event focused on the well-being of the mind, body and spirit of women of all ages and walks of life.

Saturday, February 11 • 9 a.m. – 1 p.m.

Hilton El Conquistador • 10000 N. Oracle Road in Tucson

Featuring **Abby Rike**

former Biggest Loser contestant speaking about

WHAT DEFINES YOU?

Abby Rike is a former contestant on “The Biggest Loser,” but her true focus is how to overcome life’s obstacles. Abby lost her beloved husband, daughter and newborn son in a tragic car crash. She came through the darkest of days with an inspiring message of how to live with passion, purpose and joy. Audience members are tasked with re-evaluating current self-truths and are empowered to know they can find joy despite the circumstances.

- **Breakout Session Speaker:** Ann Marie Chiasson, M.D., Integrative and Energy Medicine, presents “Energy Exercises to Boost Your Vitality.”
- **Free health screenings, exhibitor booths and lunch**

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CREDIT UNION

Tickets \$35 per person.

Must be purchased in advance by

Wednesday, February 8.

For tickets, call

866-NW4-WELL (866-694-9355)

or visit NorthwestMedicalCenter.com.

