



# The Women's Wellness *Experience*

**Rejuvenate. Re-energize. Renew.**

Join us for a morning of fun, relaxation and education as we explore how to live a more balanced life with this **FREE** event. Space is limited, register today!

**Saturday, September 22, 2018**

**9 a.m. – 1 p.m.**

**The Arvada Center for the Arts and Humanities**

6901 Wadsworth Blvd., Arvada, CO 80003

Presented by Lutheran Medical Center Foundation

## **SOMEDAY IS NOT A DAY IN THE WEEK**

Kick-off the morning with this energizing keynote by nationally recognized speaker Sam Horn who has been featured in the Washington Post, New York Times and The Tonight Show!

### **MAMMOGRAPHY SCREENING**

Must register in advance by calling 303-689-4595

### **FREE HEALTH SCREENINGS**

### **MIMOSAS & MURALS**

### **HEALTHY LIVING VENDORS**

### **RETAIL THERAPY**

### **MIND, BODY, & SOUL ROOM**

Featuring Essential Oils 101 and The Healing Power of Gratitude breakouts

### **WINE & GYN ROOM**

Featuring Candid Conversations and Women Health Physicians

Register now at **[LutheranWomensWellness.org](http://LutheranWomensWellness.org)**

