

GAUDENZIA



# *Women with Children*

## **WELLNESS SEMINAR**

**WEDNESDAY, MARCH 28, 2018**

**8:30 AM – 4:00 PM**

**Best Western Premier The Central Hotel & Conference Center Union Deposit  
Harrisburg, Pennsylvania**

**Keynote Speaker:**

**Nicole E. Kenney, M.P.P.,**

***It Starts with Me! Wellness Program***

*The Women with Children Wellness Seminar is presented by Gaudenzia Inc.  
and paid for by the Chester County Department of Drug and Alcohol Services through a grant from the  
Department of Drug and Alcohol Programs (DDAP).*





# Women with Children

## WELLNESS SEMINAR PRE-CONFERENCE

WEDNESDAY, MARCH 28, 2018

*Nicole E. Kenney, M.P.P.*

It Starts with Me! Wellness Program



### REGISTRATION/CONTINENTAL BREAKFAST

KEYNOTE SPEAKER

**IT STARTS WITH WALKING IN YOUR PURPOSE**

*Nicole E. Kenney, M.P.P., Facilitator*

Co-Facilitators: Deborah Roebuck, DNP;

Rozell D. Kenney and Valinda Mason

### MORNING WORKSHOPS

**IT STARTS WITH LISTENING TO YOUR BODY**

*Nicole E. Kenney, M.P.P., Facilitator*

Co-Facilitator: Valinda Mason

**IT STARTS WITH INVESTING IN RELATIONSHIPS**

*Nicole E. Kenney, M.P.P., Facilitator*

Co-Facilitator: Deborah Roebuck, DNP

### BUFFET LUNCH

### AFTERNOON WORKSHOPS

**IT STARTS WITH EXPRESSING YOURSELF**

*Nicole E. Kenney, M.P.P., Facilitator*

Co-Facilitator: Nina E. McCrae

**IT STARTS WITH BALANCE**

*Nicole E. Kenney, M.P.P., Facilitator*

Co-Facilitator: Rozell D. Kenney

### EVALUATIONS/WRAP-UP

**TO REGISTER GO TO:**

<https://www.eventbrite.com/e/gaudenzia-women-and-childrens-wellness-seminar-tickets-38815038826>

**ENTER PASSWORD: Chester County**



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