



## Free Wellness Event

# Everyday Wellness: Empowering You

**Saturday,  
April 29, 2017**

8:30 a.m. – 2:15 p.m.

Marshfield Clinic  
Froehle Auditorium,  
Erdman Lobby

Laird Center for  
Medical Research,  
parking lots L and B,  
1000 N. Oak Ave,  
Marshfield, WI

Made possible by:  
Michael Smith Ameriprise, Stevens Point

**An invitation for adult men and women in the community who have an interest in healthy lifestyle management.**

8:30 - 9 a.m.

**Check-in**

9 - 9:05 a.m.

**Welcome**

9:05 - 10:15 a.m.

Wellness for All - Using the S.M.A.R.T. Approach to Live Healthier – Laura Zelenak, M.S., NASM-CPT

10:30 - 11:15 a.m.

**Breakout session I**

11:30 a.m. - 12:15 p.m.

**Breakout session II**

- Everyday Mindfulness – Mindy Gribble, R.N.
- Nutrition – Chrisanne Urban, R.D.
- Practical Activity for Wellness – Vivian Gamble, O.T.R.

12:15 - 12:45 p.m.

**Lunch**

1 - 2 p.m.

Vitamins, Supplements, and Medications What you Need to Know – Lu Sojka, Pharm. D.

2 - 2:15 p.m.

**Conclusion**

See our **Mobile Health Screening Unit**

Women: Register for a mammogram by calling 715-221-7687

**Space is limited. Registration  
deadline is April 17.**

**Online:** [www.empower-me-cultured-pearls-eventbrite.com](http://www.empower-me-cultured-pearls-eventbrite.com)

**Email:** [gribble.mindy@marshfieldclinic.org](mailto:gribble.mindy@marshfieldclinic.org)

**Call:** 715-221-7687



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**NAP<sup>BC</sup>**

NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS  
ACCREDITED BREAST CENTER