

HEALTHY LIVING

WORKSHOPS *for* WOMEN

Come and enjoy a series of informative and interactive workshops on healthy living tips and survival strategies specifically geared toward women of all ages! Choose which days interest you, and bring your friends.

July 7

Dr. Daniel Amen and Tana Amen

SUMMER SURVIVAL STRATEGIES:

Effortless tips to help you stick to healthy basics

July 14

Kay Yorkavich and Fitness Demonstration with Greta Boris

THE BALANCING ACT:

Managing a stressless lifestyle

July 21

Liliana Partida, Tina Pretsch, and Kim Moeller

HEALTHY SHOPPING GUIDE:

Eating well for less

July 28

Dr. Leigh Erin Connealy and Fitness Demonstration with Greta Boris

CELEBRATING LIFE:

Practical ways to boost your mood

August 4

Dr. Greg Olsen and Food Demonstration with Jenny Ross

KEEPING VITAL AT EVERY AGE:

The hormone connection

August 18

Dr. Alex Theroms and Food Demonstration with Jenny Ross

NAVIGATING HEALTH STRUGGLES:

Overcoming barriers and strategies to thrive

August 25

Dr. Leigh Erin Connealy, Dee Eastman, and Food Demonstration with Jenny Ross

READY-SET-GO:

Move into fall stronger than ever!

Register at:
saddleback.com/lakeforest/adults/women.

Childcare is available for a fee and pre-registration for your child is required.

Please visit saddleback.com/womenschildcare for more information and to register.

When: **Thursday mornings,
July 7 – August 25**

Time: **9:30 – 11:30 a.m.**

Where: **Refinery Auditorium**
1 Saddleback Parkway
Lake Forest, Ca 92630

Cost: **Free**

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The Daniel Plan is proud to bring you Healthy Living Workshops, featuring expert health and wellness professionals, including other very special guests! Throughout the series, attendees will benefit from Medical Doctors, Certified Nutritionists, Certified Personal Trainers, a nationally-recognized Chef and more! Expect an incredibly practical series covering many of our most important health issues.

Some of our featured guests. . .

Wellness Professionals

Dr. Daniel Amen

Dr. Leigh Erin Connealy

Dr. Greg Olsen

Dr. Thermos

Liliana Partida

Kay Yorkavich

Personal Trainers and Chefs

Tana Amen

Jenny Ross

Greta Boris

Amy Cady

Tina Pretsch

Dee Eastman

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