

Second Annual

Clay County Hospital

Women's

EXPO

Health & Fitness

**No Charge
to
Attend!**

Saturday, April 14, 2018

Flora Elementary School, 445 Emory Street Flora, IL

Information booths available and *blood test vouchers sold from 8am - 9am only*. Take this time to visit and pick up lots of great information and free stuff!. Expo presentations start at 9am!

Presentations 9am - 11am:

- **Healing Power of Music – Stacey Rhodes, MT-BC/DT**
- **Stretching to Extend Your Quality of Life – Victoria Streif, MS, Exercise Physiologist**
- **Where Your Mind Leads, Your Body Will Follow – Becky Payne, Counselor MA, LCPC, Grace and Truth Christian Counseling**
- **The Art and Science of Healthy Weight Loss – Dr. Nigam**

Leave empowered to make the best choices for your health, fitness and overall wellness.

We want to motivate women of all ages toward healthier living and a more balanced lifestyle. Our Expo is designed to educate and inspire you to embrace healthy living in every area of your life.



**CLAY COUNTY
HOSPITAL**

Your #1 Choice in Healthcare

claycountyhospital.org