



Central Plains Women in Business

“Women in Business Lunch & Learn”

Are you looking for networking and learning opportunities? Why not join us for lunch? This is an excellent opportunity for professional women; women business owners or those thinking about becoming an entrepreneur; and women looking to advance their careers or rejoining the workforce to get together and share their knowledge and energy.

Health and Wellness for the Professional Woman

In today's world we need to be proactive with our health. Our speakers this month will discuss health and wellness, as well as life balance...

Janelle Botterill, RD is a registered Dietitian with the RHA-Central MB Inc. She graduated with a Bachelor of Science in Food and Nutrition from the North Dakota State University – Fargo. She has been working in the Central Region for 14 years. She enjoys educating people on how to make better food choices, how to be more active, and encourages and challenges people to make positive changes to enhance their wellness.

Dr. Lisa Graham, graduated as a Doctor of Naturopathic Medicine from the Southwest College of Naturopathic Medicine in Arizona, interned at True North Health in Santa Rosa, California and currently operates her own Naturopathic clinic - Heartland Naturopathic and Wellness Centre in Portage la Prairie.

Canadian Mental Health Association (CMHA), a nation-wide, voluntary organization, promotes the mental health of all and supports the resilience and recovery of people experiencing a mental health issue. CMHA accomplishes this mission through advocacy, education, research and service.

What is on the event menu?

- ✓ More time for **networking fun**
- ✓ Food Choices For Energy – Janelle Botterill, Registered Dietician
- ✓ What you can do for good mental health, at home and in your workplace - CMHA

When: Thursday January 26, 2012 from 11:30am to 1:30pm

Where: Canad Inns, Portage la Prairie, Manitoba

Cost: \$25 (includes lunch, keynote speaker, and door prize entry)

Seating is limited so register now!

To register please contact Jacki at 856-5000 jacki@centralplains.ca

Registration Deadline is January 24, 2012

Sponsored by:

Portage and District Chamber of Commerce

Central Plains Inc.

Community Futures White Horse Plains