

REGISTRATION

Attendee Names _____

 Address _____
 City _____
 State/Zip _____
 Phone Number _____
 Email _____

◆ **Registration Fee:** \$25/ Person In Advance
 \$35/ Person At The Door

Space is limited to 75 ~ registrations accepted on a first come basis.

◆ **Registration deadline is February 27, 2012**

◆ **Mail registration and checks payable to:**

Women's Well Being Seminar
 c/o Community Business Bank
 P.O. Box 636
 Sauk City, WI 53583-0636

◆ **Questions May Be Directed To:**

Community Business Bank
 Phone: 608.643.6300
 Email: bbreunig@cbbwi.com

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SAUK PRAIRIE MEMORIAL

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35 Prairie Avenue, Suite 315
 Prairie du Sac, WI 53578
 608.643.2431

Fourteenth Annual

“Women’s

Well - Being

~ ~ ~

Your Health

&

Wealth”

SATURDAY, MARCH 3, 2012
 8:30 a.m. - 1:15 p.m.

LAKE WISCONSIN COUNTRY CLUB
 N1076 GOLF ROAD
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INVITATION

Community Business Bank, Orthopedic Associates of Sauk Prairie, S.C., Prairie Clinic, S.C., Sauk Prairie Memorial Hospital & Clinics, and Surgical Associates Sauk-Prairie LLP invite you to a morning of insightful information and relaxation on Saturday, March 3, 2012, at Lake Wisconsin Country Club, Prairie du Sac, WI. Breakfast and lunch are a part of this fun and educational event. Attendees may begin registering at 8:30 a.m., with a warm welcome at 9:00 a.m. Chair massages, blood pressure checks and fasting cholesterol and blood sugar screens will be offered throughout the morning.

AGENDA

- 8:30 a.m. Registration & Continental Breakfast
~ Visit Exhibitor Booths ~
- 9:00 a.m. Welcome
- 9:15 a.m. **"Repair and Recontour:
The Surgery-Free Way To
Restore Your Youthful Face"**
Michelle Niesen, MS, PA-C
Rejuvenation Clinic of Sauk Prairie, LLC
- 9:45 a.m. **"Love, Learn, Live!"**
Michael Starshak, Financial Consultant
Trust WI / Wisconsin Investment Services
- 10:20 a.m. ~ Visit Exhibitor Booths ~
- 11:00 a.m. **"X-Rated! What Are Your Risks?"**
JoEllen Frawley, APNP, BC-ADM, CDE
Sauk Prairie Memorial Hospital & Clinics
- 11:30 a.m. **"Are You Listening . . .
Are You Hearing Me . . .
How Men and Women Communicate"**
Michael OrRico, Ph.D.
Clinical Psychologist, Pathway Clinic
- 12:25 p.m. Closing Remarks & Evaluation
- 12:30 p.m. Luncheon
~ Visit Exhibitor Booths ~

PRESENTERS

JOELLEN FRAWLEY, APNP, BC-ADM, CDE earned her undergraduate and M.S.N. degrees from Viterbo University, LaCrosse. Frawley has a nursing career that spans more than 30 years and practices nursing with "dignity, respect and gentle humor." She joined Sauk Prairie Memorial Hospital & Clinics in 2008 with a special interest in diabetes management. Do you have metabolic syndrome and not even know it? What is it? In her presentation, **"X-Rated! What Are Your Risks"**, JoEllen will educate attendees on metabolic syndrome, a group of risk factors which, if occurring together, put you at high risk for type 2 diabetes, coronary artery disease and stroke. Learn about the risk factors and how you can reduce your risk.

MICHELLE NIESEN, MS, PA-C is the owner and primary clinician of Rejuvenation Clinic of Sauk Prairie. Michelle received her Master of Science degree as a Physician Assistant from The Chicago Medical School in 1998 and came back to her hometown of Sauk Prairie where she worked at the Prairie Clinic in Family Medicine for over 12 years. Michelle went on to discover a passion for dermatology problems and hands-on procedures and has become a skilled skin care professional, laser specialist and master injector. In her presentation, **"Repair and Recontour: The Surgery-Free Way To Restore Your Youthful Face"**, Michelle will discuss ways to treat aging skin with state-of-the-art lasers, light technology and natural injectable treatments which produce lasting results.

MICHAEL ORRICO, PHD, is a clinical psychologist in private practice at Pathway Clinic, Prairie du Sac. Dr. OrRico provides counseling to children and adults dealing with depression, anxiety, parenting and marital concerns. He enjoys presenting programs on parenting, stress management, improving self-esteem and living a healthier life. As the keynote speaker, Dr. OrRico will explore how men and women communicate differently. He will share some of the biggest mistakes men and women make as they try to hear each other and be heard in his presentation **"Are You Listening . . . Are You Hearing . . . How Men and Women Communicate."**

MICHAEL STARSHAK has over 20 years experience in the financial services industry, and in his dedication to client education, has developed a distinctive style to provide clients a valuable level of comfort regarding their choices in financial products and services. Mr. Starshak received his bachelor's degree at Augustana College graduating with a triple major in Management, Marketing and Finance and went on to study for his Masters in Finance at St. Xavier University in Chicago. Mike believes strongly in an informed clientele and works tirelessly to digest and explain how current financial events impact his client's financial future. His presentation **"Love, Learn, Live"** will explore a variety of investment philosophies and expose attendees to a number of timely investment tools.

EXHIBITORS

Community Business Bank
Dimensions Of Glass - MaryAnn O'Brien
Dove Chocolate Discoveries™ - Patti Hron
Heavenly Be LLC - Danice Dombek
Lia Sophia Jewelry - Tammy Lockwood
Mary Kay Cosmetics - Bev Eberle
Miche Bag - Tracy Rademacher
Pathway Clinic
Porters Handcrafted Soaps - Sue Porter
Prairie Clinic, S.C.
Reflections by Susanne - Susanne Hager
Rejuvenation Clinic of Sauk Prairie LLC
Sauk Prairie Memorial Hospital & Clinics
Trust Wisconsin™ / Wisconsin Investment Services, LLC
Young Living Oils - Angie Rahm

DOOR PRIZES

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