9th Annual
Howard County

Saturday, April 29 • 10 am - 3 pm

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

WOMENFEST

A Health & Wellness Event for Women

Howard County Office on Aging and Independence

SEMINAR PRESENTERS 2017

www.howardcountymd.gov/womenfest

If you need accommodations to attend, call Maryland Access Point (MAP) at 410-313-1234 (VOICE/RELAY) at least one week prior.

BE CURRENT AND CLUTTER FREE

11:00 a.m. - 12:00 noon • Multi-Purpose III

Join a staging and decorating professional as she walks you through the steps to update your look and declutter your surroundings creating a new and peaceful space.

Vickie Williams

BE EMPOWERED

11:00 a.m. - 12:00 noon • Brighton

Need a little help pushing yourself to the next level in your personal or professional life? Join this information-packed seminar focusing on empowering yourself and getting to where you want to be in life.

Julie Reisler, MA, ACC, CPT

BE INFORMED

1:00 - 2:00 p.m. • Brighton

Get educated about this epidemic. From painkillers to heroin, opioid addiction is everywhere; learn how it is impacting families from someone who has walked this path. Know the signs, get support, and just maybe, help save a life.

Jimena Ryan

BE CALM

1:00 - 2:00 p.m. • Dayton Arts

Treat your senses at this workshop and explore aromatherapy and essential oils; see how you can easily incorporate them into your life and create your own personal spray mist.

Dana and Lindsey Wiedel

BE AWARE

1:00 - 2:00 p.m. • Multi-Purpose III

Scams are a fact of life. Learn how to stay safe when shopping, banking and connecting with friends on-line.

Beth Silverman

KHEPERA'S KITCHEN
ELITE CHEF SERVICES

BE A FOODIE

COOKING DEMOS

Chef Taueret Thomas of Khepera's Kitchen

In the West Friendship Room

12:15 p.m. Spring into Soups
2:00 p.m. Cooking with Quinoa