

**Hamilton Urban Core Community Health Centre's**

# **7th Annual Women's Health and Wellness Conference: Mind, Body, Spirit**

## **Journey to Better Health: Thriving not Surviving**

**Wednesday, March 17, 2010**

**8:30 a.m.- 3:30 p.m.**

**The Crowne Plaza Hotel**

**150 King Street East - Hamilton**

### **Workshops for Women:**

- **Healthy Eating: It's Easier than you Think**
  - **Life Cycles: From Menstruation to Menopause**
  - **Taking Charge: Living Smart, Living Well**
- ...and many more!**

**Space is limited, so register early to avoid disappointment.**

**Free child-minding services for babies and toddlers. Pre-teen programming available by request.**

**No cost to participants.**

**Register from Monday, February 22 to Friday, March 5**

**In Person at: Hamilton Urban Core Community Health Centre**

**71 Rebecca Street (at John Street)**

**Phone: 905-522-3233**

**Fax: 905-522-3433**

