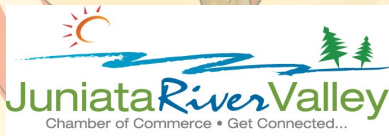


**WE CAN
DO IT!**

Women's Leadership Symposium

Wednesday, September 25, 2019
8AM-4PM, at Lily Manor, Mifflin, PA
19161 PA-35, Mifflin, PA (beside Juniata Valley Winery)

Hosted By:



Sponsored By:

Geisinger

Empowering Women to Change Their World



Key Note Speaker, Elaine Bottino Berrena, MEd

The Bennett Pierce Prevention Research Center
Penn State University

Mindfulness-How to gain control over your own emotions, eliminate stress, enhance your focus, improve relationships, recognize bad habits & more.

Symposium Topics:

- Authenticity
- Women Managing Multiple Roles
- Women's Wellness
- Quick & Healthy Meals
- Cooking Demonstration
- What would Nancy Drew Do?
- Wine tasting at Juniata Valley Winery

**The Cost is
\$50.00 per attendee**

- Includes:**
- All Sessions
 - Gourmet Breakfast
 - Catered Lunch
 - Take Home Goodie Bag
 - Wine Tasting

Company

Name

Name

Name

Name

Name

Name

Registration is due by Friday, September 20, 2019

Method of Payment: Check made payable to JRVCC

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Juniata River Valley Chamber of Commerce, 1 West Market Street, Lewistown
Phone: 717.248.6713 Fax: 717.248.6714 info@juniatarivervalley.org