


# WOMEN'S FORUM IN KANAB 2009

## SCHEDULE AT A GLANCE

<b>7:45 – 8:00</b>	<b>EARLY BIRDS: Pick up Forum packet in KANAB MIDDLE SCHOOL FOYER</b>					
<b>8:00 – 8:45</b>		<u>Organizational Skills</u>  Jessica Balsler	<u>Fabulous Right Where You Stand</u>  Camile J Morris Cecile J Thomas	<u>Supermarket Smarts</u>  Pearl Hart	<u>Celebrate Your Age</u>  Kathleen Salter	
<b>Until 9:00</b>	<b>NEW ARRIVALS: Pick up Forum packet in KANAB HIGH SCHOOL FOYER</b>					
<b>9:00 – 10:00</b>			<b>Keynote Speaker:</b> <h2 style="margin: 0;">Emily Nelson</h2> <p style="font-family: cursive; font-size: 1.2em; margin: 0;"><i>"Step Into Life"</i></p>			
<b>10:00 – 10:30</b>	<b>REFRESHMENT BREAK: KANAB MIDDLE SCHOOL FOYER</b>					
<b>10:30 – 11:15</b>	<u>Playing, Learning &amp; Feeling Accomplished Together</u>  Mariah Wheeler	<u>Dynamic and Exciting Marriages</u>  Robert Heaton	<u>Budgeting: Spending Plan and Financial Success</u>  Teresa Trujillo Christy Riddle	<u>Step Into Happiness</u>  Susan Honey	<u>7 Step Peak Energy Solution</u>  Dr. Bentley Dr. Poppe	<u>The Five O'Clock Fix</u>  Jill Armstrong
<b>11:30 – 12:15</b>	<u>Wishes</u>  Ruth Norton	<u>Celebrate Your Age</u>  Kathleen Salter	<u>Causes of and Solutions to the Obesity Crisis</u>  Pearl Hart	<u>Alternative Power Strategies</u>  Dee and Susan Bradford	<u>Natural Remedies</u>  Mica Church Lauri Steiner	<u>Change the Way You Look at Things and the Things You Look at Change</u>  Cynthia Kimball Humphreys
<b>12:15 – 1:15</b>	<b>LUNCH: Served in KANAB MIDDLE SCHOOL</b>					
<b>1:15 – 2:00</b>	<u>Wishes</u>  Ruth Norton	<u>Organizational Skills</u>  Jessica Balsler	<u>Fabulous Right Where You Stand</u>  Camile J Morris Cecile J Thomas	<u>Alternative Power Strategies</u>  Dee and Susan Bradford	<u>7 Step Peak Energy Solution</u>  Dr. Bentley Dr. Poppe	<u>The Five O'Clock Fix</u>  Jill Armstrong
<b>2:15 – 3:00</b>	<u>Playing, Learning &amp; Feeling Accomplished Together</u>  Mariah Wheeler	<u>Dynamic and Exciting Marriages</u>  Robert Heaton	<u>Budgeting: Spending Plan and Financial Success</u>  Teresa Trujillo Christy Riddle	<u>Step Into Happiness</u>  Susan Honey	<u>Natural Remedies</u>  Mica Church Lauri Steiner	<u>Change the Way You Look at Things and the Things You Look at Change</u>  Cynthia Kimball Humphreys

Schedule is subject to change