

# Midwest Medical Center Women's Health Summit

At Chestnut Mountain Resort  
In historic and beautiful Galena, IL

April 12-14, 2012

Two and a half enriched days of the most important and recent information on women's health issues, including diabetes, cancer, and cardiovascular disease. This summit brings together world class motivational speakers on women's health and fitness, ZONING Fitness by Heart Zones, workouts for your mind and your body and carefully prepared healthy meals. Individual breakout sessions and a special Midwest Medical Center physicians roundtable will finish out the weekend.

**World class speakers on Women's Health and Fitness**



Sally Edwards is an international speaker and motivational spokeswoman for the Danskin and Trek Triathlon Series. Sally has written more than twenty books on fitness and is the owner of Heartzones USA.



Dr. Len Kravitz, Ph.D. is an energetic and passionate speaker when it comes to fitness and health. He is an author, educator, and exercise scientist at the University of New Mexico and has received numerous awards from various organizations.

- 50% Bootcamp**
- 50% Education**
- 150% Fun**
- 200% Essential**

Sponsored by:



**For more information visit  
[www.midwestmedicalcenter.org](http://www.midwestmedicalcenter.org)**

## REGISTRATION

Midwest Medical Center  
Women's Health Summit

Please print legibly

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

COMPANY NAME: \_\_\_\_\_

COMPANY TITLE: \_\_\_\_\_

COMPANY ADDRESS: \_\_\_\_\_

NAME BADGE: \_\_\_\_\_

SIZE T-SHIRT: S M L XL XXL

Do you require handicap access? Yes No

Do you require a special diet? Yes No

1 Registration \$179

1 Logo Wicking Shirt free

**Additional**

VO2 Testing \$99 \_\_\_\_\_

Logo Wine Glass \$10 \_\_\_\_\_

Blink Heart Rate Monitor \$70 \_\_\_\_\_

Timex Pedometer \$13 \_\_\_\_\_

Total → \_\_\_\_\_

Credit Card \_\_\_\_\_

Credit Card exp \_\_\_\_\_ Sec code \_\_\_\_\_

Check or Cash \_\_\_\_\_