

A DAY FOR TODAY'S WOMAN  
presented by  
Forest Hills Foundation for Education

*"There's no place  
like home"* 

Saturday, February 22nd

9am to 2pm

Nagel Middle School

1500 Nagel Road

To register or for more information, go to [www.fhfe.org](http://www.fhfe.org).

**Featuring:**

Amy Tobin, food and lifestyle consultant

**Your day includes:**

Continental Breakfast

TJ Maxx Fashion Show

Two Workshop Sessions

Shopping with your favorite vendors

Catered lunch

**Sponsored by:**

Wellington Orthopaedic & Sports Medicine

Mercy Health

Park National Bank

UBS Financial Services, Inc

**Mail form with check or money order payable to: Forest Hills Foundation**

**\$40 Non-refundable reservation payment required.**

**Deadline Wednesday, Feb. 14, 2014. Reservations for group seating must be mailed together.**

NAME

PHONE

MAILING ADDRESS

EMAIL

**Mail to:**

**Forest Hills Foundation**

**Attn:Day for Today's Woman**

**7550 Forest Road**

**Cincinnati, OH 45255**

**[adayfortodayswoman@gmail.com](mailto:adayfortodayswoman@gmail.com)**

1. 2. 3. 4. 5.

CIRCLE LUNCH CHOICE - no substitutions

1st

2nd

alternate

WORKSHOP CHOICE-additional material fee must be included with reservation payment. Please include top 3 picks in order

To learn more about the Forest Hills Foundation for Education or to download the reservation form, visit [www.FHFE.org](http://www.FHFE.org).

## LUNCH CHOICES

Indicate choice on reservation (no substitutions)

1. Field Greens w/Grilled Salmon Filet, Feta, Candied Walnuts, Dried Cranberries, Balsamic Vinaigrette - Cheesecake
2. Sunflower Chicken Salad w/Lettuce & Tomato on a Croissant– Red Velvet Cupcake
3. Oven Roasted Turkey Breast, Bacon, Avocado, Lettuce on a Whole Wheat Wrap w/Sundried Tomato Mayonnaise - Lemon Square.
4. Southwest Salad w/Roasted Corn, Tomatoes, Sunflower Seeds, Cheese, Tortilla Strips - Decadent Brownie (no nuts)
5. Grilled Chicken Southwest Salad w/Roasted Corn, Tomatoes, Sunflower Seeds, Cheese & Tortilla Strips– Decadent Brownie (no nuts)

\*ALL lunches served with Bag of Kettle Cooked Potato Chips and Fresh Cut Fruit Salad

## WORKSHOP SESSIONS

Please choose 2 workshops and 1 alternate and indicate on reservation

1. **Adventure Boot Camp** What is the state of your health? Linda Ruberg will show you some simple ways to achieve fitness no matter what your fitness level. Following a short work-out session, listen to two boot campers' real life journeys of health and fitness, and then try some healthy snacks that taste so great, you won't believe they're good for you!
2. **Personal Safety** Kim Weber will cover awareness, prevention, non-physical self-defense techniques, as well as a few hands-on techniques. Knowing how to protect yourself could be like Dorothy's ruby red slippers to get you home safely!
3. **Trash or Treasure?** We are all faced with what to do with the treasures from our parents' estate. Learn from Christy Larrison how to decipher what is worth selling, keeping, or passing on to the children. A simple and enthusiastic way to make a difficult time not so difficult!
4. **Pilates for Posture** Posture correction is essential for efficient movement and spinal stability. Jacqui Haas of Wellington Orthopaedic & Sports Medicine will show you how to facilitate controlled movement, resist gravity, and minimize fatigue using the pilates principals of movement.
5. **Taking a Trip Through Menopause: A Guided Tour** Dr. Margaret LeMasters discusses commonly encountered problems during menopause. Get your questions answered!
6. **The Heart of the Matter** Dr. RP Singh, a cardiologist from Mercy Health, will give you a better understanding of heart disease in women.
7. **Discover the Artist in You!** Bring out your inner Monet even if you've never painted before! Join Suzie Pellegrini and Joy Mansfield to create a water color that you'll be sure to want to keep – or share. **(Additional \$5 material fee)**
8. **The Natural View** Susan Parker of Susan's Natural World discusses topics from Dr. Oz and things every woman should know about staying healthy.
9. **Take a Break and Paint a Cool Piece of Pottery** with Ann Flynn of Star Glazers. Your pottery will be glazed, fired, and ready for pick up in 2 weeks. Choose from a variety of pieces (including different ones than last year's workshop). **(Additional \$8 material fee)**
10. **Beautiful Skin Solutions** Come and find out how to have the most beautiful skin, and learn tips and tricks for easy make-up application. Experts from Estee Lauder will show you how to have a flawless face in 5 minutes!
11. **Understanding Your Credit Score** Kim Cunningham of Park National Bank discusses finding out about your credit score and how it impacts your daily life in all areas – home purchase/refinance, applying for college financial aid, insurance rates, credit card rates, etc. Get tips for actively managing and improving your score.
12. **Cuisine by Lorena: Nutritious Meals for a Busy Lifestyle** Personal Chef Lorena Janes teaches tips and techniques to get you out of the kitchen faster. Come learn how to make her professional quality recipes that are guaranteed to be a hit with your family.
13. **Tracing Your Family's History** Learn how many resources and research facilities are available to trace your family history. You might be surprised to see how many generations of family information you can discover for your children and future descendants. Presented by Kenny Burck of the Hamilton County Genealogical Society.
14. **Olive Oil 101** Melanie Cedargren of The Spicy Olive will speak on the health benefits of olive oil, the importance of freshness to impart those benefits, and how you can ensure that the anti-oxidants and anti-inflammatory agents in your olive oil have not disappeared.
15. **The Art of Meditation** Learn methods of using art to calm the mind and empower your soul! Practice meditation through art under the guidance of Rebecca Geiger and Kelly Basinger from Karma Wellness Studio.
16. **Ladies, Are YOU READY for Some Football?** Are you tired of watching the game without a clue? If the one you love loves football, join Bob Zoglio and Jeremy Heath for some fun while learning the fundamentals of football in an interactive workshop.
17. **Make Room for the Life of Your Dreams** Energy moves and flows– and opportunities do, too. Whether it be wealth, security, health or the overall harmony in your life, enjoy an interactive class, presented by Tandy Pryor Coaching, on how coaching and instinctive Feng Shui can come together to help you make room for the life of your dreams. Learn strategic, results-oriented ways to help you create the life you want, starting today.
18. **Power of the Purse** An interactive panel discussion in which female experts in the business of investment advice, estate planning and tax preparation will address your individual questions. Being an empowered woman means taking control of your life and this panel will aim to address issues and raise topics that are unique to women in these specific fields.