

Weekend Package Includes:

A one or two night stay at the Marriott Oak Brook Hotel
Special gift pack
Five Delicious Meals
Workshops and Seminars
Liturgy
Wine and Cheese Reception
Entertainment Friday and Saturday
Fashion Show
Relaxing Chair Massages
Exercise Sessions
Hospitality Room
Book Room by Border's
Women's Resource Room and Wonderful, Fun Vendors
Mini Health Screenings (\$15 fee)
Manicures (\$10 fee)
Drawings for special gifts

Single and double occupancy rooms available. If double occupancy, roommate arrangements must be made in advance.

Two Night Stay
\$312 per person - Double Room
\$335 per person - Single Room

One Night Stay
\$208 per person - Double Room
\$223 per person - Single Room

Reservations and payments (check or credit card) must be received by *February 9, 2009*. You may register on-line by visiting www.LCMH.org/healtheducation and clicking on *Women's Wellness Weekend* or by calling 708.424.9988.

Treat Yourself ...

*Little Company of Mary Hospital
invites you to attend*



*Our
Women's Wellness
Weekend*

*February 20 - 22, 2009
Marriott Oakbrook Hotel*

Heart and Soul 2009

FRIDAY, FEBRUARY 20

Registration Noon to 6 p.m.

Pre Conference Seminars

Wellness: One Step at a Time

Mary Jarosz, R.N., B.S.

Going Green in the Garden

Jim Kerwin, B.S.

Managing Fear and Anxiety

Rick Adema, L.C.P.C.

Free Motion Dance

Pamela Johnson, B.S.

Dinner

Keynote Presentation

It's a Wonderful Life

Joan Murphy, R.N., Ph.D.

Not Just a DJ and Line Dancing

SATURDAY, FEBRUARY 21

Morning

Exercise to Greet the Day

Barbara Kolenda

Continental Breakfast

Workshops and Presentations

Choosing Peace Not Perfection

Anne Bartolotta, R.N., M.S.

Urinary Conditions:

All You Need to Know

Denise Elser, M.D.

Jill Matyus, P.T.

Mindful Eating

Lisa Micetich, R.D., L.D.

SATURDAY, FEBRUARY 21

Afternoon

Luncheon Fashion Show

Annie's Limited of Oak Lawn

Workshops and Presentations

Wellness First

Eno Nsima-Obot, M.D.

Eve's Daughters

Lynn Austin, Author

The Art of Energy and Dance

Pamela Johnson, B.S.

Special Liturgy

Fr. Michael Slattery, O.S.A.

Wine and Cheese Reception

Dinner

Entertainment

Katie Quick,

Singer, Songwriter

SUNDAY, FEBRUARY 22

Splendid Brunch

Raffles

Your Vision ... Our Vision

Heart and Soul Sendoff

Women's Wellness Team

"Let my life be a life of love." — Venerable Mary Potter, Foundress of the Little Company of Mary