

HEALTHY WOMAN

A NORTHWEST HEALTH SYSTEM RESOURCE



Tickets
\$15

Tuesday, October 21
John Q. Hammons Center
Rogers, AR

5:00 - 6:30 p.m. - Health Fair and Expo
6:30 p.m. - Dinner and Speaker

Dinner o Motivational Speaker o Door Prizes

To purchase tickets for this event, visit www.northwesthealth.com or
call (800) 734-2024.



National Speaker **Dr. Suzanne Metzger**

For more than 15 years Suzanne has been captivating audiences with humorous yet provocative keynote speeches. She knows the importance of having the right attitude and the power of “soft skills” in building a healthy and happy approach to life. Author of *Learning Through Living...Some Assembly Required* and co-author of *The Complete Idiot's Guide to Living with Breast Cancer*, Suzanne leads workshops and writes columns on self-motivation, hoping to help others get themselves on the right track. Her story will inspire you to gain self-acceptance and learn the value of a positive attitude.