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HEALTHY, WEALTHY & WISE EVENT TO BE HELD ON APRIL 5, 2008
SPONSORED BY GOLD CANYON BANK

EVENT INFORMATION

Healthy, Wealthy & Wise

Date: Saturday, April 5th, 2008

Time: 8:00am - 1pm

Location: United Methodist Church

6640 South Kings Ranch Road

Gold Canyon, Arizona 85218

Cost: \$10 *Includes a continental breakfast provided by Gold Canyon Golf Resort and lunch provided by Central Arizona College*

For Complete Event Information: Visit online at goldcanyonbank.com or call Debbie Jusko at 480.366.5087

(Gold Canyon, AZ, February 27, 2008)- Healthy, Wealthy & Wise will be an information filled event that includes exciting, well-known speakers, valuable information on nutrition, finances and education, a fabulous networking opportunity and a hosted luncheon. Sponsored by Gold Canyon Bank, the event will focus on topics that will promote personal and professional growth.

Featuring STEPHANIE FRANK, author of *The Accidental Millionaire* as our luncheon speaker

Workshops:

HEALTHY

Speaker: Glenna McCollum-Cloud, MPH, RD

Registered Dietician and Board of Directors, Gold Canyon Bank

Speaker: Ellen Owens-Summo, MED, DTR

Director, Greater Valley Area Health Education Center

- "A Hand-y © Diet for Women"

WEALTHY

Speaker: Wendy Kenney, Financial Adviser, Speaker, Author

- Make it Happen, A How To Workshop to Achieve your Financial Goals

WISE

Speaker: Lillian Coury, Life and Business Coach

- It's all about *You!*

Educational Workshop Speakers



Lillian Coury, Life and Business Coach

Lillian Coury is a highly energetic, experienced businesswoman and certified coach with 15 years in sales plus 13 years as owner of a New York printing company. Lillian works with business professionals to influence their world through authentic self-expression in areas of leadership style and presence, communicating as a visionary leader, building trust and risk tolerance, and balancing work and life demands. Custom-designed coaching programs are designed using a proven methodology. A caring and challenging coach, Lillian works 'One-on-One' and combines group with individual coaching for maximum return on investment. Lillian also enjoys speaking engagements presenting her integrated coaching approach to a broader audience. Lillian founded *Pegasus Pathways* 8 years ago, lives in Gold Canyon, AZ and works with clients across the country while actively supporting various business groups and charity organizations, and riding her Arabian gelding, Cassanova.

TOPIC: *It's All About You!!!*

You're creating a life...working hard...juggling so many demands...sometimes you feel like you don't know who you are any more. With all the planning, support systems, relationships, and time you have to manage, the one constant is *YOU!!!*

In this session, Coach Lillian Coury will teach you a simple approach to improve self-management and apply it in all aspects of your life.



Wendy Kenney, Financial Adviser, Speaker, Author

TOPIC: *Make it Happen, A How-To Workshop on Achieving Your Financial Goals*

- Common investing mistakes and how to avoid them
- Tips for investing in any market
- 5 easy things women can do now to rest easy in retirement

Wendy Kenney, is a Financial Adviser, Registered Representative with MetLife Securities, and recently took the CFP® examination. As popular speaker, she has spoken to groups such as Arizona State University, Ladies Who Launch, and the Associate of General Contractors. She also writes a monthly column, "Your Money" for the East Valley Woman Magazine. She was awarded the East Valley Entrepreneurial Mother of the Year Award in 2006. Wendy lives in the East Valley with her husband, Mike and three sons and has two step-daughters and 5 grandchildren.



Glenna McCollum-Cloud, MPH, RD
Registered Dietician and Board of Directors, Gold Canyon Bank
Education Center



Ellen Owens-Summo, MEd, DTR
Director, Greater Valley Area Health

TOPIC: "A Hand-y © Diet for Women"

Whether you are a woman at work, on the go with family, or enjoying retirement, the Hand-y © diet will simplify your approach to achieving and maintaining a healthy lifestyle. This fun interactive session will give you the basics you need to get you on your way and the resources that will keep you on your path to health and well-being. The Hand-y © diet isn't the latest FAD -it's based on FACT.

Glenna McCollum is one of the founding members of Gold Canyon Bank and currently serves as a member on the Board of Directors. She is a Registered Dietitian and for 17 years, she was Director of Nutrition at Central Arizona College. Glenna has served in numerous leadership capacities in the nutrition profession and within her community. She is a graduate of Project CENTRL and is currently completing her doctorate in management and organizational leadership. Glenna is a native to Arizona and her hobby is fundraising for nonprofits.

Ellen Owens-Summo, M.Ed., DTR is the Director of the Greater Valley Area Health Education Center. Trained as a nutritionist, Ellen is well versed in the aspects of multi-dimensional wellness. Her hobbies include cooking, cycling, running, hiking, art, and enjoying time with family and friends. Ellen holds a Masters degree in educational leadership from Northern Arizona University as well as undergraduate degree in nutrition from Ball State University. She is a member of the American Public Health Association, the National Wellness Institute, and the Arizona Public Health Association.

Luncheon Motivational Guest Speaker



Stephanie Frank, Internationally Acclaimed Author, Speaker and Entrepreneur

Stephanie Frank is the voice of today's small business entrepreneur, having made her first million in business at the age of 22. Using the Internet, she built a customer base in 58 countries in only 12 months. Her personalized success formulas and tools have helped thousands of business owners go from a one person operation to million dollar mastery. Her real life experience, simple systems, and inspiring presence have made her the leading resource when it comes to supporting today's busy business owners in entrepreneurial success.

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