



Contact: Debbie Jusko, Gold Canyon Bank

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**HEALTHY, WEALTHY & WISE EVENT TO BE HELD ON SATURDAY, MARCH 7TH, 2009
SPONSORED BY GOLD CANYON BANK**

EVENT INFORMATION

Healthy, Wealthy & Wise

Date: Saturday, March 7th, 2009

Registration begins: 8:00 am

Lunch: 12 noon

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 www.goldcanyonbank.com or call Debbie Jusko at 480.366.5087

Healthy, Wealthy & Wise will be a fun, interactive, 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 Luncheon Motivational Guest Speaker, TOP DOG Eileen Proctor

"You CAN Teach An Old Dog New Tricks: It's Never To Late To Not Just Live, But LOVE Your Life!"

Workshops:

HEALTHY

Speaker: Dr. 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

Foods that Help and Heal

While we all know that healthy eating is the key to a long life, few people understand WHY the natural pigments in colorful foods help protect and heal your body too! Come and learn what foods to eat and why, and prevent the most common age-related illnesses through a simple multicolored eating plan. Red, orange-yellow, green, blue-purple make for a colorful food demonstration ... taste-testing you'll enjoy!

WEALTHY

Speaker: Wendy Kenney, Financial Adviser, Speaker, Author

Financial Independence and Security for Every Stage of a Woman's Life

- Practical tips on how to survive and thrive in any economy
- The biggest financial concerns of women and how to avoid them
- 3 easy things women can do to reach their goals.

WISE

Speaker: Lillian Coury, Life and Business Coach

STRESS: Make It Work For You!

With our lives becoming so complex, with so many responsibilities in a constantly changing environment, it seems there is one constant: STRESS! In this highly interactive session you will learn what STRESS really is and learn how to recognize what's triggering your stress, and apply a simple approach to turn stress from a liability into an asset. You'll see you and your life in a new way, learn something new - it will be a valuable experience.

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