

Renew your 2012 New Year resolution with...

a lite hearted affair

Presented by the Seton High School Alumnae Association

An evening of healthy opportunity!

Each participant will be placed in 2 sessions based on their preferences*:

Choose 3 of the following sessions (number 1-3)

- Zumba Healthy Cooking Demonstration
- Ceramics Yoga Heart Health Diabetes Health
- Children and Allergies Breast Health Teen Health
- Women's Health

At 8:00 PM all participants will enjoy a reception and our

Key Note Speaker: Registered Dietician Chrissy O'Connor.

* Session assignments will be reserved on a first come first serve basis



February 10, 2012

6:00 - 10:00 PM

\$8.00 Pre-registration through 2/3/2012. \$10.00 at the door.

To register visit www.setoncincinnati.org or contact Ceil Lundy at 513-471-2600 x210

Registration Form

First Name _____ Maiden Name _____ Last Name _____

Email _____ Phone _____ Cell Phone _____

Payment Type: Cash Check Credit Card Card Type _____ Card Number _____

Exp. Date _____

Please return form and payment to Ceil Lundy at:

Seton High School
3901 Glenway Ave
Cincinnati, Ohio 45205