

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     Teen Health
- Children and Allergies     Heart Health
- Women's Health

At 8:00 PM all participants will enjoy a reception and our Key Note Speaker: Registered Dietician Chrisy 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](http://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