

Better U

THE GO RED MAKEOVER THAT CAN CHANGE YOUR LIFE

January 30, 2010 9 a.m. – Noon

The Town and County Club

22 Woodland Street, Hartford CT

Enjoy a morning retreat with some girlfriends!

This interactive workshop combines substance and style as we explore inner and outer beauty. Learn what you need to make a "Better U": how to maximize image impact, get/stay on course with healthy eating and exercise, effect harmony and balance in your personal and professional life and look and feel radiant while doing it all!

Hosted by Mary Jones, Host of "The Mary Jones Show," WDRC-AM and "All That & More" contributor on NBC Connecticut

On the panel:

Anita Kelsey, M.D., Director of Phillips Women's Heart Program at Saint Francis

Kim Bensen, local weight loss celebrity, author of Finally Thin and contributor to WFSB's "Better Connecticut"

Pamela Martin, District Manager, Jafra Cosmetics

Erin Cayea, Personal Trainer, L.A. Fitness

Robin Johnson, Director GoRedFor Women

Debbie Wright, professional wardrobe consultant, Project Closet and contributor to WFSB's

"Better Connecticut"



Following the panel session, you can meet the panelists, receive complimentary Heart CheckUps and hand massages and bid on exciting auction items

To purchase tickets, call Dana Alan at 203.294.3551 or download the registration form on our web site

www.americanheart.org/northcentralconnecticutgoesred

Advance Registration Required. Limited Seating Available

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Please Note: The AHA office will be closed for the Holidays from December 19th until January 5th