

Enhancing your personal journey with HBA Chicago: Healthy Lifestyle and Nutrition for Women of All Ages Monday, May 19, 2014 | 11:30 AM to 1:30 PM

Healthy Connections HBA Chicago invites you to join fellow HBA members over lunch to network and learn more about making healthy lifestyle and nutrition decisions. What can women of all ages do to support healthy body and bones through preventive nutrition and exercise? The time will be spent networking and discussing prevention techniques especially for osteoporosis.

For those over 40, you will have the opportunity to get a free optional osteoporosis screening. Make 2014 your year to increase your knowledge of health and wellness while networking with other HBA professionals.

When: Monday, May 19th, 2014
11:30 AM – 1:30 PM CDT
For detailed agenda, click registration link below

Where: Rosalind University
3333 Green Bay Rd., North Chicago, IL 60064
847.578.3000
[Rosalind Campus and Area Map](#)

**Member
Rate:** \$15 paid in cash upon arrival to cover catered lunch



Online Registration Deadline is May 19th: [Online Event Registration Link](#)
Onsite (Walk-In) Registration is allowed

Email: hbahealthyconnections@gmail.com

Chapter Contact: Theresa Peterson 224.554.5876-650-6491