





A Women's Empowerment and Health Seminar and Mixer

For the active, involved and empowered women in Lakewood, this event will focus on personal health, professional growth, and community involvement.

Thursday, March 27

The Centre, Weingart Ballroom, 5000 Clark Avenue, Lakewood

5:30 p.m. - Check In, Heavy Appetizers and No-Host Bar | 6:00 p.m. - Event Start

## **HIGHLIGHTS**:

- · Professional success stories from women in Lakewood A roundtable discussion and Q&A
- · Growth in self and community Key note speaker: Marie Knight
- Vendor Fair health, wellness, beauty, community groups, and more

## **SCHEDULE**:

- 5:30 p.m.: Check in, heavy appetizers, no-host bar, vendor fair, and networking
- 6:00 p.m.: Event starts Professional success stories from women in Lakewood
- 7:00 p.m.: Networking and vendor fair
- 7:30 p.m.: Keynote Speaker: Marie Knight "Finding Meaning Over the Urgent"
- 8:30 p.m.: Event concludes



## **REGISTRATION:**

- \$20 Per Person
- Call the Recreation and Community Services Department at (562) 866-9771, ext. 2408, or visit www.lakewoodcity.org/LeadHer