

# Simply Supporting **YOU!**

A collaborative event for women, hosted by:



**Saturday, June 10 | 9 a.m. – 2 p.m.**

Learn about self-love, financial wellness, life balance and more in this series of seminars. Plus, take advantage of a FREE Women's Health Clinic, presented by Medworks\*, offering exams, screenings, and other services.



\* Visit [Medworksusa.org](http://Medworksusa.org) for more information.

## **Where:**

Cuyahoga Community College  
Eastern Campus  
Health Careers and  
Technology Building  
4250 Richmond Road,  
Highland Hills, OH 44122

Box lunch for those  
preregistered — 11 a.m.

**[REGISTER HERE](#)**

Yoga options, including chair yoga,  
will be available during lunch  
Presented by Nika Newsome

## **Seminars and Workshops:**

**Don't Let the Internet Kick You in the Butt —**  
Session A, 9 a.m. and noon  
*Presented by Kathina Vauss*

**Self-Love Vision Board —**  
Session B, 9 a.m. and noon  
*Presented by Krisnia Hope, MSSA, M.A.*

**The Wheel of Life: Increasing Balance  
in the Domains of Life —** Session C, 10 a.m.  
and 1 p.m.  
*Presented by Debra Lewis-Curlee, M.S., LSW*

**Financial Wellness —**  
Session D, 10 a.m. and 1 p.m.  
*Presented by KeyBank*