



Choose Health  
Eat Well  
Get Moving!

Wednesday, September 17

12 pm - 1:30 pm

Room A – 2<sup>nd</sup> floor

PAHO/WHO

Refreshments will be served after session



Suzie Carmack, PhD, MFA, Med  
Instructor and Founder  
CenteredBeing

Join over 17,000 people from 89 countries who have learned how to...

## Fight Stress & Sedentarism with CenteredBeing!

*In this Fun Interactive Workshop You Will Learn:*

How to bring **Movement** into your day (when you are stuck in an office chair)

How to bring **Mindfulness** into your day (when you are stressed by a busy agenda)

How to bring **Meaning** to your life (through our easy-to-follow method for positive self-coaching & improved communication)

Don't Let This Happen To You!

