



Empowering Women's Retreat

Self-Care for your Mind & Body

Saturday, April 26, 2025 • 8 am-1 pm
Center for Visual and Performing Arts • 1040 Ridge Road • Munster, IN

Join with other women to focus on yourself and enhance your personal wellness journey.

Participate in interactive sessions to help you center your mind and learn to better prepare for stressful situations.

Gain valuable health tips from exhibitors, participate in screenings to find ways to improve your health, and take home giveaways that will help you with your own self-care journey.

Free A1C and Lipid Profile will be offered; 12-hour fast is required.

To register for this free event, scan the QR code or call 219-836-3477. All participants must select their breakout sessions at the time of registration. Registration closes April 18.



PowersHealth.org

- 8 am EXHIBITORS, SCREENINGS AND LAB
- 9 am OPENING SESSION
- 9:45 am BREAKOUT SESSION 1
 - A. Small Changes, Big Impact: Creating Simple Habits to Improve your Mental Health
 - B. Going with the Flow: Perimenopause, Menopause, and their Effects on your Health
- 10:45 am BRUNCH & PANEL CONVERSATION: Powering Down: A Woman's Guide to Better Sleep
- Noon BREAKOUT SESSION 2
 - A. The Magic of the Mediterranean Diet
 - B. Constructing Creativity