

## Wisdom at the Winery 2020

## Life Hacks: Learning How to Work with Your Body for Better Health

## 4 CEUs

Friday, March 6th 2020, 8:00am

**Great Breakfast provided!!** 

Location: Wilson Creek Winery, in beautiful Temecula Valley 35960 Rancho California Rd, Temecula, CA 92592

Karen Freeman MS, RDN, CSSD Specialist in Weight Management, Eating Disorders and Sports Nutrition.

Mary Boyle, PhD, Cognitive Science Professor, UCSD.

Registration by May 1 \$50.00. Same day registration available, \$60.00. Checks to SCAOHN, include RN license number and mail to SCAOHN 2312 Dana Ct, Carlsbad CA 92008

**Questions?** 

Call Kathy Coiner at <u>858-663-8546</u> or email <u>k.coiner@cox.net</u> Ellen Petersen at 858-449-9156 or email epetersen911@gmail.com

Enjoy Temecula Valley after the conference! Visitor Bureau information to be provided at registration.