2016 Emogene Nelson Workshop:

Boosting Energy -
The Natural Way!

April 22, 2016
8-11:45 AM
Check-in: 8-8:30AM
Cost: $20

Keynote Speaker:
Dietitian Cassie
Featuring breakout sessions on sleep and stress, physical activity, and healthy eating on campus!

As a Registered, Licensed Dietitian, founder and CEO of the wellness company Healthy Simple Life®, and #1 International Best Selling Author, Dietitian Cassie has built a following of loyal fans by helping people with the root causes of their health issues—especially ones that healthcare practitioners often overlook.

To pre-register, visit:
"News and Events,"
on UWRF HHP webpage
Submit registration by 4/20/16
Same-day registration available as space allows

For more information contact:
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UNIVERSITY OF WISCONSIN
River Falls
Emogene Nelson Workshop
Registration Form

Name: __________________________________
Major: __________________________________
Email: ___________________________________

Registration Fee: $20.00 **Make Checks Payable to HHP Department**

Tentative Schedule:
8:00-8:30 Check-in/On-site Registration (if available)
8:30-9:30 Keynote Speaker: Dietician Cassie
9:45-10:30 Session 1
10:45-11:30 Session 2
11:35-11:45 Closing remarks

Session options: (Please select which option you would prefer for each session.)
Session 1:  ○ Stress/sleep ○ Physical Activity ○ Eating Healthy at the UC
Session 2:  ○ Stress/sleep ○ Physical Activity ○ Eating Healthy at the UC

Please send/bring registration form and payment to:
Health and Human Performance Office
Attn: Shelby McChesney
111 Karges Center
UW-River Falls
410 S. 3rd St.
River Falls, WI 54022