

National Coalition of 100 Black Women
Omaha Metropolitan Chapter

presents

Sistah's Get Real

Take Action for a Healthier Life

2nd Annual Health Summit

Saturday, November 7th 2009

9:30 am – 2:00 pm

ConAgra Foods Downtown Campus

Building 11 Learning Center (Jackson St)

Free Admission.

Space is Limited. Registration Required.

Doors and Health Provider Booths Open at 8:15



Summit Keynote Features

Fylicia "Fee" King

Omaha native, now resides in California

Owner of Unique FEESIQUES Urban Boot Camps

Best known for her performance in
the NAACP nominated One Woman Show
"Momma Was a Bad Mutha ... Shut Yo Mouth"

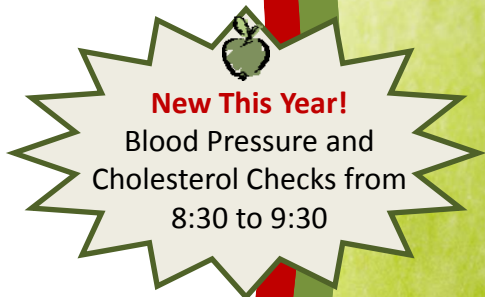
Come find facts, resources, and support to commit to
maintaining a healthy body, spirit and soul!

Register at www.ncbwomaha.com



Workshop Titles

- HIV/AIDS & STD's – Alive, Aware & Awake; Get Tested!
- Renewing Your Mind ... Reviving Your Spirit!
- Eat Well! Live Well!
- Oh What A Difference A Year Can Make! Is It Time For Your Annual Check?



New This Year!

Blood Pressure and
Cholesterol Checks from
8:30 to 9:30

Sponsored by



Tommy Hughes