



DAUGHTER. FRIEND. PARTNER. #CAREGIVER

AGENDA

Women play many roles in their lives, and the role of caregiver unites us. Today's program will inspire you to take care of yourself as you care for others.

Women's Morning of Well-Being

Saturday, April 13
8:30 a.m. to Noon

Hormel Historic Home
208 4th Ave NW, Austin

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| 8:30 AM | Continental Breakfast |
| 9:00 AM | Introduction/Welcome
Kris Johnson, Administration |
| 9:05 AM | Healthy Diet Throughout the Ages
Courtney Kremer, Registered Dietitian |
| 9:45 AM | Building Resilience Throughout Life
Nicole Block, Worksite Wellness Coordinator |
| 10:25 AM | Break |
| 10:40 AM | Care for the Caregiver
Margaret Dow, M.D., OB/GYN |
| 11:30 AM | Closing Remarks |