



You are cordially invited to **After Work Wellness for Women**, a first ever special wellness event just for women employees of the City of Bismarck, Burleigh County and the Park District.

Come and learn health and wellness tips from our speakers and vendors while enjoying the company and camaraderie around you.

This FREE event will be held on Wednesday, May 12 from 4-7 pm in the upper level of the Exhibition Hall at the Bismarck Civic Center.

The schedule for this event in celebration of National Women's Health Week is:

- 4 pm: Doors open. Browse through vendor booths and meet new people. Help yourself to light snacks.
- 5:15-5:45 pm: Keynote speaker Nancy Bolt, ND Game and Fish Department. Nancy will talk about women and outdoor activities.
- 5:50-6:30 pm: Browse through vendor booths and choose to attend 15-minute mini workshops on crock pot cooking or square foot gardening. These mini sessions will be repeated twice.
- 6:30 pm: Gather as a group for some entertainment, closing remarks and a chance to win over 35 door prizes from the vendors. You must be present to win.

**For planning purposes, pre-registration is kindly required. Your registration and attendance makes you eligible for two Grand Door Prizes; a \$100 spa package or a \$100 dinner and theatre package. Simply email your attendance to: [ajhorner@nd.gov](mailto:ajhorner@nd.gov) by Monday, May 10th.**

Please plan to attend this free event filled with fun, food, festivities and friends. Think of it as a gift of wellness to yourself. We hope to see you May 12th!

If you have any questions about After Work Wellness for Women, please call:

- Wanda Agnew, Bismarck Burleigh Public Health at 355-1555.
- Renae Gall, Burleigh County, at 222-6536
- Aggie Horner, Burleigh County, at 222-6669
- Tammy Terras, City of Bismarck, at 355-1334
- Paula Redmann, Bismarck Parks and Recreation District, at 222-6455.