

# DAY FOR WOMEN

Presented by: Women's Cancer Awareness Group  
www.WCAGroup.net

**DATE: SATURDAY 4/17/2010**

**TIME: 8:30 TO 4:00 PM**

Location: Petaluma Community Center  
320 N. McDowell Blvd, Petaluma, CA 94952

Cost: \$25 per person

Master of Ceremonies: Debbie Abram's Producer &  
Morning Showgram Anchor - KZST Radio Station  
"Good Morning Petaluma" Show



## BREAKOUT SESSIONS' TOPICS INCLUDE:

- Doctor's Panel – Prevention
- "Antidote to Rush / Stress Reduction"
- "Laughter the Best Medicine"
- "Caregiver Support"
- "Taking Care of Me"
- "Decluttering your Home"
- "Nutrition for Healthy Living"
- "Women's Guide to Money Matters"

**Petaluma Woman of the Year Award ~ Presented by: Mayor Pamela Torliatt  
Key Note Speaker – Marilyn Kentz –formerly of "The Mommies"**

Wellness Market Place

Closing Party & Book Signing

**To Reserve Your Spot: Mail a check for \$25 per person, to: WCAG, P.O. Box 5115, Petaluma, CA 94955**

Be sure to include your name and the names of your guests.

Women's Cancer Awareness Group: 707-769-8325 ~ www.WCAGroup.net ~ WCAGroup@yahoo.com

Special Thanks to our sponsors: Redwood Regional Medical Group & CA Ovarian Cancer Awareness Program

## PETALUMA WOMAN OF THE YEAR AWARD ~ 2010 NOMINATION FORM

### Nominee Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

1. Please give a description of this person's support of women in Petaluma
2. Please provide an example of why the nominee should be selected for the WCAG Petaluma Woman of the Year Award
3. What distinguishes this particular person from other women in our community?

Please use additional pages if necessary ~ Deadline for Nominations 3/17/2009. Fax, Mail or e-mail to address above.

The woman nominated must do something to improve or enrich the lives of women in Petaluma. The nominee need not live in Petaluma.

### Nomination Submitted by (Important):

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_