

A DAY FOR TODAY'S WOMAN

presented by  
Forest Hills Foundation for Education

# Back in the Saddle

**Saturday, February 25th, 2012**

**9:00AM—3:00PM**

**Nagel Middle School, 1500 Nagel Rd, Cincinnati 45255**

**Register early - limited seating**

The day includes:

Continental Breakfast

Chico's Fashion Show

Two Workshop Sessions

Catered lunch

**KEYNOTE SPEAKER  
DEBBA HAUPERT  
OF GIRLFRIENDOLOGY!**

Where would we women be without our girlfriends? That's a question that DEBBA HAUPERT doesn't want to know! Since 2006, Debba has pursued her dream of bringing inspiration, appreciation and celebration of female friendship to women through her online community for women - GIRLFRIENDOLOGY.com. Interviews with inspiring women, blogs filled with girlfriend advice and inspiration, girlfriend gifts and more can be found on this all positive, supportive, encouraging site. Debba believes that we can make the world a better place - one friendship at a time!

**Mail form with check or money order payable to: Forest Hills Foundation**

***\$40 Non-refundable* reservation payment required.**

**Deadline Wednesday, Feb. 16th. Reservations for Group Seating must be mailed together**

NAME

PHONE

MAILING ADDRESS

EMAIL

**Mail to:**

**Forest Hills Foundation  
Attn: Day for Today's Woman  
7550 Forest Road  
Cincinnati, OH 45255**

**info@fhfe.com**

1.      2.      3.      4.      5.

CIRCLE LUNCH CHOICE - no substitutions

1st

2nd

alternate

WORKSHOP CHOICE-additional material fee must be included with reservation payment. Please include top 3 picks in order

To learn more about the Forest Hills Foundation for Education or to download the reservation form visit [www.FHFE.org](http://www.FHFE.org)

## LUNCH CHOICES

Indicate choice on reservation (no substitutions)

1. Sunflower Chicken Salad on Croissant, Fruit Salad, Carrot cake.
2. Roast Beef & Smoked Gouda w/Horseradish Mayo on Ciabatta Roll, Fruit Salad, Cheesecake square.
3. Roasted Turkey, Bacon, Avocado, Lettuce on Whole Wheat Wrap w/ Sundried Tomato Mayo, Fruit Salad, Lemon Square.
4. Southwest Salad with Grilled Chicken, Roasted Corn, Tomatoes, Sunflower Seeds, Cheese, Tortilla Strips, Decadent Brownie.
5. (Vegetarian) Southwest Salad w/ Roasted Corn, Tomatoes, Sunflower Seeds, Cheese and Tortilla Strips, Decadent Brownie.

## WORKSHOP SESSIONS

Please choose 2 workshops and 1 alternate and indicate on reservation

1. **The Art of Topiary** Join Michelle Steffen, Flower & Garden Consultant, in making your own topiary to take home. Enjoy this art form dating back to ancient times when gardeners trimmed shrubs to craft a figure. **(Additional \$5 material fee)**
2. **Catalyst 4 Fitness** Forget diets - learn some basic skills to make fitness and nutrition a lifestyle. Let's find what motivates you in this seminar and take the first step to a healthy living lifestyle.
3. **Turning Back The Clock** An Estee Lauder make-up artist will show you 5 simple steps with make-up that can help you look 10 years younger.
4. **A New Year, a New You** One of the six board certified plastic surgeons from the Plastic Surgery Group will discuss the latest advances; surgical and non-surgical. The questions you've always had about plastic surgery will finally be answered by the experts.
5. **Find Your Path, Find your Purpose** Does your life need a GPS? Are you tired of going in the wrong direction? Join Kerry Kane Miller, Certified Life Coach, as she helps you design your ideal life, plan for bumps in the road and detours, and begin to live a purposeful life.
6. **The Natural View** Susan Parker of Susan's Natural World discusses staying healthy topics from Dr Oz and other things every woman should know.
7. **Learn makeup techniques from an Estee Lauder make-up artist** Want smoky eyes, natural lips? Estee Lauder will show you how to get these looks and so much more.
8. **Planning for the inevitable** Katrina Farley, Esq, will empower you with the knowledge of estate planning. Whether it be for yourself or an aging parent, you don't want to miss the opportunity to learn how to protect the ones you love
9. **WOW (Wildly Organized Women with Computers)** Nancy Slater shares ideas and best practices to make your life easier by putting your computer to work in this hands-on workshop. Topics include effectively utilizing your Calendars & Contacts, developing Tasks & To Do's and streamlining your Email.
10. **Want to ZUMBA?** Join Mendy Lubbers, Certified Zumba Instructor, for this Latin inspired dance fitness program. You'll begin with an easy warm-up and combine simple dance steps with Latin music to form a "fitness-party" that is downright addictive. Perfect for any fitness level.
11. **Got Herbs?** Vivian of Jay Bird Farms gives practical tips for growing and using popular herbs including Lavender. You don't need to say goodbye to fresh herbs once autumn arrives.
12. **Take a break and paint a cool piece of pottery with Star Glazers** It will be glazed, fired and ready for pickup in 2 weeks. There will be a variety of pieces to choose from. **(Additional \$5 material fee)**
13. **Go to Gal-Teri Horn' "Entertaining with Confidence and Flair"** Fun Party Planning ideas to help you from start to finish-theme, invitations, decorations, centerpiece, menu planning and your signature beverage.
14. **Need a little cash?** You can make money while staying in your pajamas at home. eBay is the place to unload your treasures! Linda Muth will guide you through the process of selling in the "World's Largest Marketplace". Topics will include: Setting up Your PayPal and eBay Seller Accounts, Security Issues with Selling on eBay, Determining an Item's Value, and Fees Associated with Selling on eBay.
15. **Grab your girlfriends and meet Tracy Jo Duckworth at the Culinary Chuck Wagon** She will demonstrate a Western style salad with easy homemade dressings and decadent cowboy cupcakes. **(Additional \$5 material fee)**
16. **What you need to know about Menopause** Join a physician from Christ Hospital OB & GYN Associates for an informative talk and a question/answer session.
17. **Eating from the Garden of Eden** with Rita Nader Heikenfeld, award winning syndicated Columnist. Learn why the trendiest healthy herbs and foods have their roots in the Bible! Rita will prepare a Mediterranean Supper Salad with ingredients straight from the Good Book! **(Additional \$5 material fee)**
18. **The Hour that Matters Most!** Join the experts from Dream Dinners for help on how to nourish and nurture your family by rediscovering the remarkable power of the family meal. Dinnertime - It's more than just a meal!