

Tuesday,
September 20

#NoLimits

visit ccwc-fresno.org for detailed topic descriptions, speaker bios and more....

agenda

8 - 9:30 A.M. **WARM-UP SESSION**

Sponsored by Wells Fargo
MAKIN' M.O.M.M.A. HAPPY
Pegine Echevarria | pegine.com

9:30 - 10:15 A.M. **BREAK**

Sponsored by Michael B. Stevens, MD, PhD

10:15 - 11:15 A.M. **SESSION 1**



11:30 A.M. - 1 P.M.
KEYNOTE LUNCHEON
LIVING WITH #NOLIMITS
Lisa Ling
Sponsored by
Community Medical Centers

1:30 - 2:30 P.M. **SESSION 2**

2:30 - 3:15 P.M. **BREAK**

Sponsored by Pepsi Beverages Company

3:15 - 4:15 P.M. **SESSION 3**

4:30 - 5:30 P.M.

COOL-DOWN RECEPTION & SPEAKER
Sponsored by Fresno State and Fresno State Winery
Kaiser Permanente Fresno presents "Instant Recess"
Chick-fil-A, Fresno Yosemite International Airport
BOTOX FOR THE SOUL: LAUGH THERAPY
Kat Simmons | katsimmons.com

SESSION 1 10:15 - 11:15 A.M.

1:01 Healthy Meals in Minutes
Shayna Telesmanic
YoungChefsAcademy.com/Fresno

1:02 Macy's Fashion Show
Martin Oftedal Madays.com

1:03 How to Discover Who You Are and Thrive!
Angeleen Corona
Backtolifeonanotepad.wordpress.com

1:04 Get on Track, Stay on Track: 5 Steps to Securing Your Financial Future (Sponsored by Wells Fargo)
Kate Eiland & Elise Kausen
theeilandgroup.wfadv.com

1:05 To Sleep or Not to Sleep (Sponsored by Community Medical Centers)
Lynn Keenan, M.D. UniversityMDs.com

1:06 How to Put Your Passion Into Action: A Case Study About #NoLimits (Sponsored by Granville Homes)
Davena Witcher Amorelief.org

1:07 Step Into Your Power - Rock Your Natural Gifts
Julie Anderson
YourBestMindOnline.com

SESSION 2 1:30 - 2:30 P.M.

2:01 Nothing Looks Better on You than Confidence
Rhonda Murphy Rhofit.com

2:02 Get In the PILOT's Seat of Your Life
Elizabeth McCormick
YourInspirationalSpeaker.com

2:03 Make Peace With Food: 3 Surprising Secrets to Breaking the Dieting/Overeating Cycle for Good
Michelle Leath
LiveandEatFearlessly.com

2:04 Social Security: You Have Options!
Portia White, CFP
WhelanFinancial.com

2:05 Turn Fear into F.E.A.R. (Facing Everything And Rise)
Aisha Curry AishaCurry.com

2:06 How to Create Beautiful Landscapes: You (and Your Yard) Can Thrive During Water Restrictions
Lee Ayres & Dayana Jiselle Contreras
TreeFresno.org

2:07 Creating a Lighthearted Home
Dianne Callahan LightHeartedLife.org

SESSION 3 3:15 - 4:15 P.M.

3:01 Cheers for Caregivers! Advice and Support for Those Who Care for Those with Special Needs
Leslie Botos (moderator) and Ivette Lee, Stella De La Pana and Reva Guimont (panelists)

3:02 Happiness Fitness: Scientific Strategies to get More Joy in Your Life
Dianne Callahan LightHeartedLife.org

3:03 Social Media Best Practices
Nina Brownstone, Lisa Kennedy and Máire Walsh Iambrandable.com

3:04 What's the Real Trick to Work-Life Balance?
Julie Anderson
YourBestBrainOnline.com

3:05 Living Life to the Fullest Despite Difficult Circumstances
Liz Harrison ABC30.com

3:06 The Art of Organizing: Finding Order On the Good, Bad, and YES...even the Ugly Days
Melanie Lown
StructuredAesthetics.com

3:07 How to Reclaim Your Self, Sanity, & Sparkle
Katie Williamson
OurFunnyLives.com/health-coaching



JULIE ANDERSON



LEE AYRES



LESLIE BOTOS



NINA BROWNSTONE



DIANNE CALLAHAN



DAYANA JISELLE CONTRERAS



ANGELEEN CORONA



AISHA CURRY



KATE E. EILAND & ELISE KAUSEN



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MICHELLE LEATH



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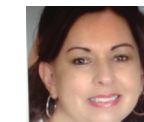
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MARTIN OFTEDAL



STELLA DE LA PENNA



SHAYNA TELESMANIC



MÁIRE P. WALSH



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DAVENA WITCHER



KATIE WILLIAMSON

NO PRE-SELECTED SESSIONS.
All breakout sessions are on a first-come basis.
Come early to insure your session.

And thanks to more great sponsors:

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CENTRAL CALIFORNIA WOMEN'S CONFERENCE

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#NoLimits

TUESDAY, SEPTEMBER 20

Fresno Convention & Entertainment Center



LUNCHEON KEYNOTE
Lisa Ling



Pegine Echevarria
WARM-UP SPEAKER



Kat Simmons
COOL-DOWN SPEAKER

21
inspiring & informative
breakout sessions!

Lisa Ling

LUNCHEON KEYNOTE



Tuesday,
September 20

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CENTRAL CALIFORNIA WOMEN'S CONFERENCE
P.O. Box 998
Atwater, CA 95301

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Fresno, CA

REGISTRATION: The conference is expected to sell out in advance. Register early!
TICKETS: \$110 per person (if registration received online or postmarked by Aug. 15, 2016). Includes Continental Breakfast, all Seminars, the Marketplace, Warm-Up Session, Keynote luncheon with **Lisa Ling** and Cool-Down Session and Reception.

TABLE OF 11: \$1,210 (Table sign with company or group name is provided)
LATE REGISTRATION: \$120 per person (if postmarked after Aug. 15, 2016)
RESERVED SEATING FOR KEYNOTE LUNCHEON! To sit together with friends or family, you **MUST** mail registrations in the same envelope to guarantee a seat at the same table. Tables will be reserved in order received. Reserved luncheon table number will be printed on your badge.

PAYMENT INFORMATION: Check, MasterCard, Visa, Discover or American Express are the only acceptable methods of payment. (Credit card payments include a \$3 processing fee.) We do not accept purchase orders. NO REFUNDS.

CONFIRMATION: Confirmation and badge will be mailed approximately two weeks before the Conference. Registration must be received online or postmarked by Wednesday, Aug. 31, 2016 to receive your tickets by mail. The badge is your ticket to the Conference and admission to the luncheon. Your luncheon table number will be printed on your badge.

Attendees registering after Aug. 31, 2016 will pick up tickets at Registration "Will Call" desk the morning of the Conference, located on the patio between the Exhibit Hall and Theatre.

KEEP YOUR BADGE IN A SAFE PLACE. YOU MUST BRING IT WITH YOU TO ATTEND.
QUESTIONS? Call our Message Center (559) 265-6888, and your call will be returned.

Conference attendees must be registered in high school or be at least 18 years of age.
PERSONS WITH DISABILITIES: Please contact Mary Stabelfeld at (209) 356-1000 two weeks in advance with needed arrangements for persons with disabilities.

MARKETPLACE/BOOTH INFORMATION: Visit ccwc-fresno.org

HOTEL RATES: The DoubleTree by Hilton Fresno Convention Center, (559) 268-1000, is offering a special rate of \$129 + tax per room, double or single occupancy. Book early, as this rate is only available through Monday, Sept. 5, 2016. Be sure to ask for the CENTRAL CALIFORNIA WOMEN'S CONFERENCE special room rate.

Student discounts are available online at ccwc-fresno.org

REGISTER TODAY! ccwc-fresno.org or mail this registration

CCWC, P.O. Box 998, Atwater, CA 95301

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Check one box regarding name & address at left:

- YES the information is correct.
- NO the information is incorrect. Updated information is below.
- This form was given to me. Please add my contact information below and leave the original contact on your list.
- Delete name from your list and add my information to your list.

If address above is incorrect or you are a new attendee to be added to our list, print clearly or type: The address below is: _____ My Residence _____ My Office _____

Name _____

Company _____

Street _____

Clearly print the address you wish your tickets to be mailed

City _____ State _____ Zip _____

Daytime Phone _____

Email Address _____

No need to select seminar sessions in advance. All seminars are on a first-come basis at the conference until the room is full per the fire marshal's instructions. Arrive early to avoid disappointment.

For information and planning, visit ccwc-fresno.org for seminar listings. If purchasing 2 or more tickets on the same form, all badges will be mailed to the name & address listed on the form. If you would like to sit at the same table with friends or family for lunch, mail ALL registration forms (groups and/or individuals) together in the same envelope.

Tickets: _____ @ \$110 per ticket (\$120 after Aug. 15, 2016) Total \$ _____

Payment Options: (check one) Tax I.D. #77-0178140 Make checks payable to: Central California Women's Conference

Check Enclosed Credit Card (All cards accepted/\$3 processing fee will be added)

Account # _____ Exp. : _____

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