

**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](http://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](http://ccwc-fresno.org)

**REGISTER TODAY! [ccwc-fresno.org](http://ccwc-fresno.org) or mail this registration**

**CCWC, P.O. Box 998, Atwater, CA 95301**  
**Tuesday, Sept. 20, 2016 • Fresno Convention & Entertainment Center**

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 \_\_\_\_\_

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Please complete the following information:  
 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](http://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.

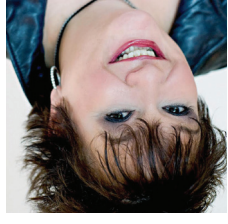
**Tickets:** \_\_\_\_\_ @ \$110 per ticket (\$120 after Aug. 15, 2016) Total \$ \_\_\_\_\_  
**Payment Options:** (check one) Tax I.D. #77-0178140 Make checks payable to: Central California Women's Conference  
 Check Enclosed  Credit Card (All cards accepted/\$3 processing fee will be added)

Account # \_\_\_\_\_ Exp.: \_\_\_\_\_  
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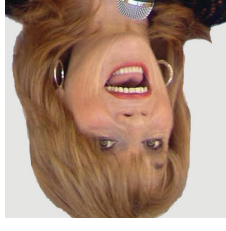
**CENTRAL CALIFORNIA WOMEN'S CONFERENCE**  
 Presenting Sponsor Wells Fargo



**Lisa Ling**  
 KEYNOTE LUNCHEON



**Pegine Echavarria**  
 WARM-UP SPEAKER



**Kat Simmons**  
 COOL-DOWN SPEAKER

**21**  
 Inspiring & informative  
 breakout sessions!

**TUESDAY, SEPTEMBER 20**  
 Fresno Convention & Entertainment Center

**#MeSeminars**



[ccwc-fresno.org](http://ccwc-fresno.org)

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



Tuesday,  
 September 20



**Lisa Ling**  
 KEYNOTE LUNCHEON



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 Fresno, CA



Tuesday,  
September 20

# #NoLimits

visit [ccwc-fresno.org](http://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 | Macys.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 | lambrandable.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



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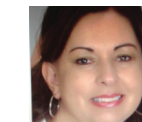
ELIZABETH MCCORMICK



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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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