



Learn how to get your home, health, and finances in shape!

DATE:
Saturday, January 23, 2010

TIME:
Breakfast/Check-In: 8:30 – 9:00 A.M.
Workshop: 9:00 A.M. – 12:00 P.M.

PLACE:
Courtyard by Marriott
Stone Oak at Legacy
1803 E. Sonterra Blvd.
San Antonio, TX 78259
(210) 545-3100



Sarah Treat, MS, CN
Clinical Nutritionist
www.SarahTreat.com



Helene Segura, M.A. Ed., CPO®
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