



Women's Campus Connection

Health, Wellness and Beyond

Join us as we share experiences, gratitude, wisdom, and ideas for taking care of ourselves now and how to plan for challenges that may come.

Friday, February 22, 2019
Vintage Room
11:30 a.m. to 1 p.m.

Guest Speakers



Sylvia Miller, EdD, RN, FNP-C

Sometimes people think having a conversation about advance care planning is only for when you're sick or older. Starting that conversation now rather than later is very important and can often help families and loved ones understand each other's views about end of life care.

Kathleen Rindahl, DNP, RN, FNP-C

Nearly half of all American adults affected by high blood pressure are women. Learn why this disease is also known as the "silent killer" and what steps you can take to remain in your best health.



Journey to Leadership

Speaker to be announced soon

EVERYONE IS WELCOME!

No Host \$5 lunch - CASH ONLY PLEASE (exact change is appreciated)
Seating is limited. Catering is ordered based on the number of RSVPs received.

Go to fresnostate.edu/wcc to RSVP

