

**NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION
ATLANTA CHAPTER
MONTHLY DINNER MEETING**

PROGRAM SUMMARY: Start With The Inside

Are you an employee who finds themselves sluggish and run down more and more as you get older? Is your health affecting your employer's bottom line? It is a ripple effect. Sick employees who do not work to their peak performance level and absent employees disrupt the company's workflow. Millions of dollars are lost every year from the rise in absenteeism and rising healthcare costs.

Start With The Inside specializes in educating people on how to lead a healthier lifestyle; making smarter food choices as well as managing stress. Start With The Inside's mission is to educate and motivate women to listen to their own voices and make a positive, permanent change in their lives.

Hear honest talk about how to get real results, along with education about why your body responds in certain ways from Start With The Inside founder Sandi Porter. Hear Sandi share her story about where she has been and how Start With The Inside came to fruition.

Sandi's credentials include being an ISSA Certified Fitness Trainer and an ISSA Specialist in Performance Nutrition. Sandi also contributes health and fitness articles to local newspapers and national magazines and conducts health and fitness seminars based on extensive studies.

DEADLINE FOR RESERVATIONS: NOON - Wednesday, July 28, 2010

Register online at <http://www.nawicatlanta.org/calendar.htm>

Cost: Member \$35 Non-member \$45 Student \$5

Payment is expected on-line or prior to the meeting date. No-shows with a confirmed reservation standing as of the deadline will be invoiced and charged an additional \$5 processing fee. Anyone without advanced reservations for the event will pay the non-member price at the door on a space available basis.



**404-286-6010
www.nawicatlanta.org**