

Full, Fit & Fabulous!
presented by Rochelle Rice

Saturday, January 18, 2014

9:30am – 5:00pm

Jolly Madison Hotel

22 East 38th Street at Madison

9:00am – Sign-in Opens

9:30-9:50am – Movement Session with Rochelle Rice, MA

*Not the sweaty stuff

*Open to ALL mobility levels (chairs available)

*Simple stretches to help you stand taller and prouder

10:00-11am – “Full, Fit & Fabulous!” welcome from Rochelle Rice, MA

10:15am – Understanding your Hormones with Nutrition, Movement and Mental Wealth
With Jeanette Bronee, Rochelle Rice and Karol Ward

11-11:15am – Break with Snacks

11:15am-12:15pm – Bold & Beautiful – Living Senually in the Plus Size Body
With Olga Gonzales & Roz Mays

12:15-12:30pm – Break

12:30- 12:50pm – Moving with Diva Roz

1:00-2:00pm – Breathe & Eat Luncheon (separate event- prepay \$38)

*Held in the Café buffet style

*Track your physical body sensations during mealtime

*Not a group therapy session but rather a skill session for eating

2:15-3:00pm – Masters of Movement Panel

3:00-3:15pm – Break with Snack

3:15-4:00pm – Footwear & Fashion with Rochelle, Dr. Sherri Greene & Always for Me

4:00-4:45pm – “The Secrets to Making 2014 Different” with Rochelle Rice, MA

4:45pm – 5:00pm – Networking and Close Out

Schedule subject to change based on speaker schedules.