

The Complete WellBody Method

Keynote: Cari Vann, founder of The Complete WellBody Method



Tuesday, January 23, 2024 Virtual Meeting

Networking/Intro...6:00 pm; Program...6:30 pm; Meeting...7:15 pm

Do you often feel wiped out at the end of every day from the high stress and ambitions of being a busy professional?

Would you love to be more "in your element" and productive, so you can be more effective and efficient at work?

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

Changing Women's Lives One Woman at a Time

For more information about ABWA's Greater Oakland Charter Chapter, send an email to abwa.greateroakland@gmail.com or visit our website at www.abwa-greateroakland.org



Greater Oakland Charter Chapter

Join the Greater Oakland Charter Chapter of ABWA on Tuesday, January 23 for networking followed by a presentation by Cari Vann.

Cari is an exercise physiologist and holistic movement mentor with over 26 years of experience. She helps women with their health & wellness and live pain-free. Cari struggled with pain at an early age and became motivated to find solutions. She has found natural ways to get relief from pain and to experience freedom of movement without causing damage to her body.

Most exercise often encourages "pushing through pain". Cari will explain why you need a "different approach" to exercise. You'll learn:

- Why Physical Therapy, Pills and Chiropractic Services are not enough
- 5 things you need to know to make sure your pain doesn't come back
- How to Un-Exercise for better results and sharpened productivity - especially as a busy professional

This is a virtual meeting. Cost to attend virtually (using Zoom) is free.

Registration to attend virtually is required at:
www.abwa-greateroakland.org/events/