



4th Annual PWA Symposium

Redefining the Dream . . .

March 14, 2018

Sleep Your Way To Better Health

with
Debbie Baumoel



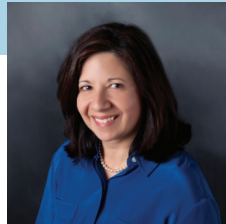
Debbie Baumoel

Can more sleep help you lose weight?

Learn why sleep is so important! Learn tips and strategies you can use tonight and feel better tomorrow and beyond. Harness the power of sleep for improved performance at home and at work. Debbie Baumoel is a Certified Health Coach with OPTAVIA.

Live Intentionally Through the Power of Habit

with
Vicky Gavrias and Glenda Woolley



Vicky Gavrias

Learn How to Have Less Stress and More Productivity in Your Daily Life

Vicky has had a 20-year career in the pharmaceutical and agricultural world both in start up and multinational environment, with extensive experience advancing product innovations, from conception through commercialization. Vicky owns Ethos Business Coaching LLC and is passionate about helping business owners and managers transform their businesses and organizations and grow into the leaders they aspire to be.

Glenda is the owner of 5 Star Leadership, LLC and a certified John Maxwell coach, trainer and speaker. Glenda has a passion for helping others develop their leadership and communication skills. Her company's mission is to deliver 5 star quality leadership development programs that promote a highly productive work environment where people feel seen, heard and valued.



Glenda Woolley

Wired for Wellbeing: Social Health Matters

with
Lisa Hautly



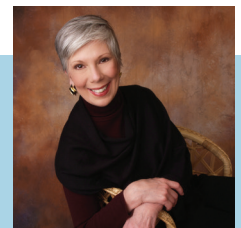
Lisa Hautly

Research says it's time to shift our perspective on health and wellbeing. Learn the real secrets of a long, purposeful, balanced life.

Lisa, Certified Health Education Specialist, promotes evidence-based health and wellbeing for women in their 30s/40s, midlife, and beyond. As a researcher and educator, she shares strategies, resources, and life hacks for living a long, healthy, purposeful life. She currently serves as chair of the St. Louis County Older Adult Commission and as a board member of Mental Health America. She received the 2015 Healthy Woman Award from St. Luke's Spirit of Women for her commitment to personal and community health. Lisa holds an ACE health coaching certification.

Color, Trends and Style

with
Diane Rosen



Diane Rosen

Color and its influence on our lives...who decides what color becomes so popular that it defines fashion, home furnishings and even the car you drive?

Diane, senior designer and owner of Diane Rosen Interiors, LLC, believes the perfect home design is visually stunning, fosters maximum usability, and incorporates the most effective, eco-friendly principles available. With 24 years in the industry, she has specialized in universal design and sustainable interior design, applying energy efficient technologies. She pays careful attention to color, lighting, placement and movement to anticipate current and future family needs today.