



National Association of Women in Construction
Orange County Chapter # 91 presents...

Holiday Party, Health and Nutrition

Tuesday, December 15, 2009, 5:30 PM
Embassy Suites Hotel
1325 E. Dyer Road, Santa Ana, CA 92705



Why You Should Attend?

- Learn more about Health and Nutrition
- Have fun with your fellow NAWIC sisters with games, prizes and **White Elephant Gift Exchange** (White Elephant means a gift that is extremely tacky and fun, the funnier the better)
- Guests, Friends, Employers, Co-Workers....**All are Welcome!**

Also bring an unwrapped gift for the WTLC Shelter, as well as the gifts for the names drawn. For more information, please contact Gerry Robbins at grobbs@sterlingplumbinginc.com

Guest Speaker: Charis Nawrocki, from My 2 Sense, LLC

Charis entered the work force at an early age. She changed careers in her early 30's pursuing a long time desire – Health and Fitness. Becoming injured on a first job and through the rehabilitation of that injury, Charis found her calling as a Wellness Consultant and Motivational Speaker. She started her first business EFX, Inc. (Extreme Fitness Effects). Then after moving to Columbus OH in 2001, her second business My 2 Sense, LLC. She advanced her achievements into a 3 time national level athlete and became a Sponsored Athlete and Spokesperson for the sports supplement companies MET-Rx and World Wide Sports Nutrition. The Martial Arts discipline of Jujitsu found its way into her life unexpectedly and she is now a high ranked brown belt within the Shingitai Jujitsu Association. This extended her wellness into "life protection" coaching, "street safety" and an instructional DVD "Pemumbra – Surviving the Edge of Darkness".

Serving others in something that continually enhances her own sense of well-being as she reaches out through all forms media, public speaking, writing and volunteering/community service. In 2008 she was honored as a 2008 Jefferson Award nominee.

Admission: \$45.00 (On or Before 12/10)

Menu Selection: Spinach Salad, Penne Margherita or Halibut or New York Steak and Chocolate Decadence Cake

RSVP to Lisa Bates-Seabold at lbseabold@gmugeo.com or (949) 888-6513

Make checks payable to: **NAWIC # 91**

Mail checks to: GMU Geotechnical, Inc. 23241 Arroyo Vista, Rancho Santa Margarita, CA 92688, attn: Lisa Bates-Seabold

You may also visit our website at

www.nawicoc.org

to pay by Mastercard, Visa or American Express



Cash or Check payments accepted at Door only. No Invoicing.

Please note that At- door guests may be served a Veggie platter in lieu of posted menu depending on availability. Those who make a reservation and fail to attend without canceling shall be billed the cost of the dinner.

Women's Transitional Living Center, Inc. (WTLC) Needs:

A non-profit, community based organization of women and men committed to seeking solutions to end domestic violence and human trafficking. Services are available to all regardless of race, gender, religion, age or national origin.



Holiday Wish List

- Holiday immediate needs for new unwrapped toys ages 0 – 12, non-violent in nature
- Holiday immediate needs for Teens 12 years + holiday gift cards, such as:
 - Target
 - WalMart
 - AMC Movie Passes
 - Regal Movie Passes
 - Jack in the Box
 - Carl's Jr.
- General Gift Cards:
 - Ralph's
 - Albertson's
 - Stater Brothers
 - Sam's Club
 - Costco
 - Food 4 Less

No amount is too small! Every dollar helps WTLC to provide Christmas and nutritious meals for our wonderful Ladies and their children.

