

# Small Changes Big Shifts

Presented by

**Dr. Michelle Robin, Founder of Your Wellness Connection**



**Michelle Robin,**  
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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 Mo-Kan Chapter, visit our website at [www.abwamokan.org](http://www.abwamokan.org)

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[www.abwa.org](http://www.abwa.org)

**Wednesday, September 11, 2019**

**Deer Creek Country Club**

**7000 W. 133rd Street, Overland Park, KS 66209**

**Networking: 5:30 - 6:00 PM**

**Dinner: 6:00 - 6:45 PM**

**Program: 6:45 - 7:30 PM**

**Chapter Business: 7:30 - 8:30 PM**

Learn from Dr. Michelle Robin how *The Quadrants of Wellbeing* form a simple framework to help you improve your wellbeing.

*The Quadrants of Wellbeing* give you an easy, yet holistic approach for making Small Changes that will create Big Shifts in your health, your relationships and workplaces.

Being healthy and well takes more than being diligent in one area of wellness, e.g. just exercising or just eating healthy. It requires attentiveness to your whole person – body, mind and spirit.

When we focus on our whole person, we are truly able to live our values, build authentic relationships and foster workplace cultures focused on kindness and inclusion.

During this session, you will learn how to evaluate your current level of wellness, set goals and create a personalized wellness plan.

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Dr. Michelle Robin, who has been around wellness for nearly three decades, is an international speaker, best-selling author and practicing chiropractor. She is the founder of Your Wellness Connection, P.A.  
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**\$22** members & full-time students

**\$25** guests

**Reserve your seat NOW!**

**RSVP** by **Monday, September 9<sup>th</sup>**! Use any of the following:

- Prepay at [www.abwamokan.org](http://www.abwamokan.org)
- Email your contact info to [ABWAMoKan@gmail.com](mailto:ABWAMoKan@gmail.com)
- Call 913-390-3466 to reserve your seat

Event cost includes dinner. **CASH BAR**