

PRESENTER



Melanie Carvell, PT
Director, Women's Health Center

Melanie Carvell is a registered physical therapist who is the director of the Women's Health Center located in Bismarck, ND. The Women's Health Center includes an outpatient physical therapy clinic and a fitness facility.

Melanie is an accomplished triathlete who has competed on the local, regional, national and world level. She was chosen as an All-American, and was invited to train at the United States Olympic Training Center with the National Cycling Team in 1993.

Melanie was named the Sportscenter's/Sportswriter's Athlete of the Year in 1998. Her achievements include winning a bronze medal for Team USA at the World Championship in Germany in 1999.

Her professional training and personal experience will give you the insight and motivation you need to continue toward your goal of optimal health and fitness.

In recognition of Administrative Professional Week (April 21-27), we will be awarding door prizes. Don't miss out—send in your registration today!

Educational Secretaries Association of North Dakota

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Bismarck, ND 58503

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Educational Secretaries Association of North Dakota

PRESENTS

Positive Choices for Personal Wellness



April 19, 2002
Bismarck
Doublewood Inn

April 26, 2002
Fargo
Holiday Inn

Positive Choices for Personal Wellness

Most of us know that we should take better care of ourselves, but it takes more than just good intentions to start an exercise program. It takes a healthy dose of motivation to get going and actually stick with it!

This motivational presentation will address nutrition and fitness tips as well as strategies for “fitting it all in.”



In addition to addressing the physical rewards that are achieved at any age by being active, the session will discuss time management and stress reducing techniques to help you start or continue a healthy lifestyle that will keep you on track to personal success.

Come be inspired!

Agenda

5 p.m.	Registration
5:30-6:30 p.m.	Dinner
6:30-7:30 p.m.	Program
7:30 p.m.	Adjourn

Dress: Casual/Comfortable

Please note all times indicated are “central time.”

ESAND Regional Meetings

Registration

Please indicate which meeting you will be attending

- April 19, 2002 — Bismarck
Doublewood Inn, Senate Room
- April 26, 2002 — Fargo
Holiday Inn, Club 3 Room

Name

Position

School

Address

School Phone

- \$20 REGISTRATION ENCLOSED
(includes meal)

Make checks payable to **ESAND** and mail to:
ESAND
1720 Burnt Boat Drive
Bismarck, ND 58503