

SIS Empowerment Series



Saturday
August 11, 2012
10:00 am - 2:00 pm

Thurgood Marshall
Center
1816 12th Street, NW
Washington DC

Registration:

\$35.00

Includes Lunch

HOW TO REGISTER

Visit

www.sisters-in-spirit.net

To register online with
credit card or
Paypal account

For more information call:
202-421-4119

email:

Nspirit@sisters-in-spirit.net

hosted by

Sisters In Spirit



BUSINESS WOMEN'S NETWORKING EVENT **FOR YOUR PROFESSIONAL AND PERSONAL SUCCESS**

Information packed sessions and networking opportunities for women entrepreneurs, professionals and future business owners focusing on:

Healthy Finances - How to Manage Your Dollars and Cents to Achieve Your Business Objectives;

Healthy Food - Quick and Easy Food Options to Boost Your Energy and Brainpower;

Healthy You - It's Summertime Ladies! We'll have mini foot reflexology sessions available to enhance your physical wellbeing and get you in shape for pounding the pavement in style.

Includes a delicious lunch.

AM Sessions: Learning Module I: 10:00 am – 11:00 am

Healthy Finances - How to Manage Your Dollars and Cents to Achieve Your Business Objectives



Learn sound financial practices to help you achieve your business objectives and increase your opportunities for growth and success in this competitive environment.

Presented by: Jennifer Streaks, finance expert, empowerment speaker, and financial author. Jennifer Streaks is a financial services professional based in DC, with more than a decade of finance, investment management, and securities experience who champions financial literacy and management for both businesses and individuals.

Ms. Streaks has developed programs teaching basic financial strategies through her new monthly blog, *Dollars & Streaks* and is writing her debut book titled "*Digging Your Dreams Out of Debt*" a book that focuses on financial management and addresses credit issues, retirement and investing, and avoiding financial pitfalls.

Learning Module II: 11:00 - 12:00 p.m.

Quick and Easy Food Options to boost Your Energy and Brainpower



As a busy entrepreneur you need the energy and brainpower to grow your company in this competitive environment *and* have reserve left for your personal life. You'll learn quick, easy *and delicious* ways to boost your brainpower and optimize your nutrition.

Live Demonstration by: Chef Khepra Anu, raw food chef, detox specialist, nutritionist, food scientist, yogi and owner of Khepra's Raw

Food and Juice Bar, and author of the book "*Paradise Health, a Feasting and Fasting Guide to Optimal Health through Detoxification.*"

PM Sessions: Business to Business Networking

Enjoy Foot Reflexology Mini Sessions: fee of \$7.00 will apply.

Hosted by Sisters In Spirit to Promote Business Women in the DC, MD, VA Metro Area
For Full Details & Online Registration Visit:

<http://www.sisters-in-spirit.net>