

Montgomery County Women's Bar Association Presents:



# Wellness Luncheon:

*How to Achieve Physical & Mental Health*

Qualified Panelists in Attendance to  
Answer Your Questions On:

- ✓ Nutrition & Diets
- ✓ Meditation & Mental Wellness
- ✓ Physical Fitness
- ✓ Personal Organization/Style/  
Life Coaching



FEB. 23, 2018 at Noon

\$15 until 2/12/18 or \$20 after

Lunch provided.

Montgomery Co. Bar Assoc. Building

RSVP to [kmcqueen@offitkurman.com](mailto:kmcqueen@offitkurman.com). Please mail payment to: Lili Khozeimeh, 50

Maryland Avenue, Suite 1500, Rockville, MD 20850, with checks payable to Montgomery County WBA.