

CELEBRATE THE SEASON LUNCHEON

Presented by

The American Red Cross & Girls on the Run

Monday, September 29, 12:00 - 2:00 PM

\$75 per person ~ Wee Burn Country Club



GUEST SPEAKER



KAREN NEWMAN, M.S., R.D.

*Inspirational Speaker, World Class
Triathlete, Cancer Survivor*

Karen Newman is a speaker, world record-breaking triathlete and survivor of two life-threatening diseases. Her real-life stories have been giving people hope, helping to free them from the bondage of shame, and inspiring them to go for their dreams and to live the life they were meant to live.

She has lectured all over the country and is currently writing a book about the challenging experiences that brought her to her life's purpose, and the miracles that kept her alive and winning athletic events

around the world.

Karen holds a Masters Degree in Clinical Nutrition from Rush University and a B.S. in Dietetics from the University of Vermont. Her Nutrition career has spanned 21 years and runs the gamut from scientific research to empathetic consulting.

She believes that our great trials in life are indeed our greatest opportunities to change our paths and be blessed more abundantly than we ever dreamed possible. Karen loves giving back to the world, empowering individuals to live each day as a gift, to GO for their dreams and to spread love throughout the world.

