



"Stepping Out..."

A Women's Health & Wellness Day



DATE: Saturday, May 10, 2008

TIME: 9:30am—3:30pm

LOCATION: St. Elias (Lower Level)

2975 Riverside Drive, Ottawa

TICKETS: \$15 in advance, \$20 at the door

(All proceeds to Breast Cancer Action)

Come out and enjoy an event dedicated exclusively to women of all ages offering:

- *Fitness, Health ,Wellness & Nutrition Booths*
- *Interactive Demonstrations. Mini Workshops.*
- *Live Entertainment. Free Parking.*
- *Fantastic Door Prizes...and so much more!*



TOGETHER WE MAKE A DIFFERENCE
ENSEMBLE NOUS FAISONS UNE DIFFÉRENCE

FREE GIFT BAG TO THE FIRST 50 VISITORS TO ARRIVE.

To purchase tickets in advance, please contact:
Breast Cancer Action (613) 736-5921

Limited number of tickets available at the door. Visit www.bcaott.ca for details.