



Presented by the
Laura W. Bush Institute for Women's Health

For Goodness Sake, Run, Jump and Shake!

LOVING YOURSELF, MIND, BODY & SOUL

A THREE-PART SERIES

PHYSICAL HEALTH | NUTRITIONAL HEALTH | EMOTIONAL HEALTH

THURSDAY, MARCH 9 | NOON TO 1:00 P.M.

AMARILLO NATIONAL BANK | 410 S. TAYLOR STREET | 16th FLOOR SKYLINE ROOM

Benefitting Family Support Services with matching funds. Lunch will be provided.

Lunch by RSVP only. Please reply to Angela Knapp Eggers at 806.414.9941 or angela.knapp@ttuhsc.edu



Suzi McKee has served women as a fitness and wellness professional for 28 years. She believes every woman deserves the tools to live a life full of health and vitality. She strives to create a welcoming environment where women can begin and continue to exercise daily and eat healthier. Her programs provide accountability and support, and Suzi's contagious enthusiasm has helped transform countless lives. She holds a Bachelor of Fine Arts degree in physical education and dance from Southern Methodist University and she has earned 28 fitness certifications.

