



Lunch & LEARN

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

THEN AND *Now*

Getting Sane Without Going Crazy

Emotional | Physical | Nutritional Health • Part 1 in a 3 Part Series

WEDNESDAY, MARCH 20 | NOON TO 1:00 P.M.

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

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



Farrar Mansfield

Farrar Mansfield is the owner of Fruition, a new lifestyle design firm with the goal of upgrading lives. Fruition was born from a desire to help people live with more space, more peace and more purpose. So many of us feel overwhelmed and exhausted by our busy schedules, digital overload, and all the stuff we manage in a day.

Fruition offers clients a combination of mindset coaching and practical lifestyle solutions to lead them toward their best lives. Mansfield previously worked as the Wellness Director at Amarillo National Bank. She is certified as an Integrative Nutrition Health Coach and (many years ago) earned her B.A. in Psychology from Dartmouth College. Mansfield is married and the mother of two sweet, spunky girls, aged 2 and 8 years old.

Lives Will Be Saved When Differences Are Known



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TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER