

Name \_\_\_\_\_ Email \_\_\_\_\_

**BREAKOUTWORKSHOPS**  
(PLEASE CHECK TWO)

**ERICA AVERION**



*Never Miss Monday: How to Turn Your “Want To’s” into “Will Do’s”*

**LAURA BENTO + SHELLY BROWN**



*Girls with GRIT: How the Ability to Relentlessly Pursue Your Dreams Creates Success*

**CAROLYN O’NEIL, MS RDN LD**



*The More You Know, The More You Can Eat: The Delicious Truth About Nutritious Foods*

**PAINTING WITH A TWIST**



*A Paint Party: Canvases & Conversation*

**CARLOS CUMMINGS**



*Protecting My Pretty: Women’s Self Defense Instruction*

**ERICA AVERION:** Communication & Strategy Professional (and recovering people pleaser), Erica Averion will discuss her passion for heart, hustle, and happiness— where dreams are managed so that goals are actually reached. Erica believes that happiness is not somewhere you arrive, but something you practice. It all starts when you SHOW UP for Monday.

**LAURA BENTO & SHELLY BROWN:** Publisher and Founder of *Good Grit Magazine*, Laura Bento will share her story about publishing a successful magazine after never having a magazine subscription in her life. Shelly Brown will share how her passion for design at an early age led her to create a successful, American-made jewelry line. Two bestfriends with deep roots in the South, Laura and Shelly will tell you how having GRIT and courage will turn your dreams into a reality.

**CAROLYN O’NEIL:** Carolyn O’Neil, an award winning food journalist, blogger, and registered dietician nutritionist, will get to the bottom of what nutrition really is. Passionate about all things food, Carolyn is the author of Southern Living’s Best Selling *The Slim Down Cookbook: Eating Well and Living Healthy in the Land of Biscuits and Bacon* and the co-author of *The Dish on Eating Healthy and Being Fabulous!*

**PAINTING WITH A TWIST:** Who doesn’t love a good paint party? Get in touch with your creative side and join Painting with a Twist for a fun paint and networking session.

**CARLOS CUMMINGS:** With self-defense and protection being an important priority for women, world renowned self-defense instructor Carlos Cummings will be providing effective and trusted self-defense education and instruction in his workshop.