

# THRIVE!

A Wellness Conference for Creating and Maintaining Health and Happiness

Sponsored by NMSU Cooperative Extension Service- Northern District

AGING  
WELL IN  
YOUR OWN  
HOME

MAINTAIN  
YOUR  
PHYSICAL  
STRENGTH

WANT A  
MONTHLY  
RAISE?

ENJOY  
YOUR  
FAMILY!

IS CLEANING  
YOUR HOUSE  
MAKING YOU  
SICK?

HAVE YOU  
CONNECTED  
WITH YOUR  
MUSE  
LATELY?



**Saturday Sept. 23, 2017**

**9:00 am – 1:00 pm**

**Bernalillo County Coop. Ext. Office**

**1500 Menaul Blvd. NW**

**Albuquerque, NM 87107**

**\$10 Registration Fee**

**Lunch will be served!**

**Keynote Speaker: Raquel Garzon**

**Choose to THRIVE!**

**NM  
STATE**

All About Discovery!™

**College of Agricultural, Consumer  
and Environmental Sciences**

Cooperative Extension Service  
Extension Family and Consumer Sciences

**RSVP by calling (505) 243-1386 or  
register online at**

**<http://thrive2017.ezregister.com/>**