



You're Cordially Invited To An Inaugural **HEALTH & WELLNESS SUMMIT**

3 days at Fairmont Sonoma Mission Inn & Spa

JANUARY 26-28, 2024



DR. LIZELLEN LA FOLLETTE | MD, BOARD-CERTIFIED OB/GYN

A globally recognized, board-certified OB-GYN leader, educator and researcher focused on comprehensive healthcare for women, and a medical advisor and consultant to innovative technology start-ups immersed in improving women's health.

Serves on the Board of Trustees of the Buck Institute and a member of the Buck Institute for Research on Aging's Global Consortium for Reproductive Longevity & Equality (CRLE).

B.A. Harvard University, 1980 | M.D. Case Western Reserve University, 1988 | Residency, Obstetrics and Gynecology, Case Western Reserve University, 1988-1992 | Board Certification, American Board of Obstetrics and Gynecology, 1995



MARK EMBLEY | PERSONAL TRAINING & STRENGTH/CONDITIONING SPECIALIST (EMBLEY FITNESS GROUP)

Over 25 years' experience in group and individual sessions with a client base ranging from sedentary individuals to sport specific athletes looking to increase speed, power and strength. Instruction is tailored

to individual needs and based on functional movements to ensure progression without overload.

Credentials: BA Exercise & Sports Science

Certificates: Personal trainer, Youth fitness/soccer coach, Strength & conditioning specialist, Functional fitness, Senior fitness, Orthopedic exercise specialist



KAREN JABER | BS, MBA

With more than 25 years in the financial planning industry, Karen has eruditely developed a wholistic approach to helping people with their financial wellbeing. She educates her clients not only on their financial fitness journey but is intensely passionate about her clients enjoying

health, vitality and longevity in their retirement. Her philosophy is if you're healthy, you're ultimately wealthy too.



DAWN CATHERINE | TAX ADVISOR

Dawn is the President of a Full-Service Accounting Firm offering business bookkeeping, tax preparation for individuals, corporations, partnerships, LLCs and trusts, and Fiduciary services as successor trustee. She has been advising clients for more than 25 years.



Fairmont

SONOMA MISSION INN & SPA

100 Boyes Blvd., Sonoma - California 95476

Sponsored by Embley Fitness Group and Karen Jaber.

Securities and advisory services offered through Western International Securities Inc., Member FINRA/MSRB/SIPC.
CA Life Insurance License Number: # 0B38084.

LIVE YOUR LIFE WITH VIBRANT HEALTH & WELL-BEING!

Experience this exclusive weekend retreat focused on empowering women through strength and weight training, education on best practices for optimizing health, and strategies to take charge of your financial future. You'll stay at the luxurious 5-star Sonoma Mission Inn & Spa with geothermal pools, rejuvenating spa treatments, and farm-to-table dining.

A perfect setting to take some time for yourself.



AGENDA

FRIDAY, JANUARY 26

AFTERNOON

Registration/Arrival 4PM-5PM

EVENING

Dinner at Sante Restaurant, Sonoma Mission Inn

Everything Taxes, Dawn Catherine, Tax Advisor

LEISURE TIME

Enjoy the spa, geothermal pools and bathing rituals

EVENING

Dinner at Della Santini

SATURDAY, JANUARY 27

MORNING

Strength training class led by Mark Embley (Embley Fitness Group)

Women's Health & Aging, Dr. Lizellen La Follette (OB/GYN)

AFTERNOON

Financial Fitness Strategies, Karen Jaber, Financial Advisor

SUNDAY, JANUARY 28

MORNING

Boot camp led by Mark Embley

Yoga class in the fitness center

AFTERNOON

Departures

PROGRAM ADMISSION OF \$985.00 INCLUDES*:

- All meals, access to spa facilities, yoga, coupon for Dexascan body composition
- Presentations from Dr. Lizellen La Follette, Karen Jaber & Dawn Catherine
- Strength training and fitness classes with personal trainer Mark Embley

****Summit Access without fitness classes: \$675.00***



Pay For Admission



Register For The Event

REGISTRATION & MORE DETAILS: Contact Karen at karengeryk@gmail.com

**Guest rooms are not included. Contact Sonoma Mission Inn at 707.938.4250 for the discounted room rate of \$319/night and ask for the group rate listed under Embley Fitness.*



Book Your Hotel Room

**FITNESS
CLASSES ARE
LIMITED TO
13 PEOPLE**