



FRIDAY, MAY 26, 2017 // 7:30 AM TO 3:30 PM // FSU PC HOLLEY CENTER  
 + COCKTAIL HOUR TO FOLLOW

**REGISTRATION FORM**

Company Name \_\_\_\_\_  
 Contact Name \_\_\_\_\_  
 Phone # \_\_\_\_\_ Email \_\_\_\_\_

**CHECK ONE:**

- \_\_\_\_\_ \$109/person
- \_\_\_\_\_ \$79/person for students, teachers, and military.

*\* If multiple people from one business are attending, please complete a registration form for EACH person.*

**REGISTRATION INCLUDES:**

- 3 Keynote Presentations
- 2 Breakout Workshops
- Networking Breakfast
- Luncheon
- Premier Shopping Experience
- Premium Symposium Journal
- Symposium Swag Bag
- Drawings for Door Prizes
- Cocktails and Cupcakes Reception

**BREAKOUT WORKSHOPS** (See the following page):

Please fill out the following page to secure your two breakout workshops.

**PAYMENT:** Symposium must be paid by credit card, check, or invoiced. All checks must be received by May 25, 2017. Make checks payable to: Panama City Beach Chamber of Commerce.

Method of Payment (please circle):      Credit Card                              Check                              Invoice

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Security Code: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_ Name on card: \_\_\_\_\_

**Don't forget to bring a sweater and cash for shopping!**

**No refunds on cancellations.** Please sign and fax back to (850) 235-2301.  
 For more information, contact Helen Adami at (850) 235-1159 or Helen@PCBeach.org



presented by  
Emerald Coast  
Hospice

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

**BREAKOUT WORKSHOPS**  
(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.

Please fax completed form to 850-235-2301, or scan and e-mail to [Helen@pcbeach.org](mailto:Helen@pcbeach.org)