

Naturopath Shares Wellness Wisdom at Crain's Small Business Week Event

FOR IMMEDIATE RELEASE

Dr. Crystal Foresman Landers presents "A Dynamic Approach to Your Health - How to Take Charge of Your Wellness During the 'Age of Busy'" at this fun, enlightening 1/2 day event of networking and education

Meet, Munch & Mastermind ~ Part of Crain's Small Business Week

October 8, 1-6pm

Shannon's Irish Pub

428 N Main St, Glen Ellyn, IL

Hosted by: The Network of Entrepreneurial Women

Featured at this event: A Dynamic Approach to Your Health - How to Take Charge of Your Wellness During the "Age of Busy"; by Dr. Crystal Foresman Landers; OTR/L, ND, Naturopathic Doctor, Occupational Therapist; Living Tree Natural Health, Inc.

(<http://www.livingtreenaturalhealth.com>)

Naturopathic doctor and multi-disciplinary healer, Dr. Crystal Foresman-Landers, OTR/L, ND, received her doctoral degree in Naturopathic Medicine in 2012 from National University of Health Sciences in Lombard, Illinois and her Occupational Therapy bachelor's degree in 2000 from the University of Illinois at Chicago. She has vast experience in women's health, chronic pain management, pediatrics, and chronic health conditions. Dr. Foresman-Landers is certified in Sensory Integration therapy, and is also a practitioner of Myofascial Release, Craniosacral Therapy and Kinesiotape. She is passionate about the ways to return to optimal health through a whole person approach which includes improving immune system and gastrointestinal health. She is devoted to restoring wellness by focusing on an integrative approach that includes strategies for chronic pain management, preventative medicine and detoxification strategies.

Meet, Munch & Mastermind ~ Part of Crain's Small Business Week will feature a Pop-up Trunk Show, followed by Mastermind Roundtable sessions, before dinner and open networking. NEW - The Network of Entrepreneurial Women invites all local businesswomen to attend this fun, enlightening 1/2 day event of networking and education. Listen to inspirational speakers, brainstorm business innovation and browse pop-up wares from our members. Then, join us for a lively networking dinner! The entire half day event is free. Each participant pays for her own dinner off of Shannon's Irish Pub Menu.

Throughout invigorating roundtable talks designed specifically for women business owners, participants will spend time learning from experts at each table in 30 minute sessions. After each session, you'll have the opportunity to rotate on to a new table with a different group of fellow participants to enjoy another lively, enlightening talk. Each session will include expert speakers and provide opportunities for brainstorming personal concerns/questions related to the topic discussed.

Other Roundtable Talks will include:

- The 4 P's of Profit: How to Maximize Your Income-Generating Potential; by Niquenya D. Fulbright; President & C.E.O.; Building Bridges Consulting (<http://www.buildingbridgeschicago.com>)
- The Exponential Curve (Retirement Planning); by Peggy Goddeau, Financial Advisor, The Heartland Group (THG Financial) (<http://www.thgfinancial.com/>)

A casual dinner will follow, where attendees will each have the opportunity to eat, network and connect with women business owners representing a variety of industries from throughout Chicagoland.

NEW - The Network of Entrepreneurial Women is an exciting, fresh group of Chicagoland business women who are upgrading business networking in the Chicago suburbs and beyond.

Focusing on no nonsense networking, the group holds fun and creative events that inspire attendees to work together, refer each other and most of all cheer each other on as the membership succeeds together.

NEW was founded in 2013 by Karen McCormack, Independent Insurance Broker (<http://McCormackConsulting.com>), Erica Thomas, one of the two lead programmers to create <http://NetworkHoncho.com>, and Wax and Wire Artist Maïke van Wijk, Chief Marveler at Maïke's Marvels (<http://maikesmarvels.com/>).

The NEW art of networking involves events that remind us why we love being entrepreneurs, and introduces attendees to other radiant, inspirational women entrepreneurs as we form a community that is open-minded, focused and friendly.

Niquenya D. Fulbright is President and CEO of Building Bridges Consulting, a small business consulting and executive coaching firm specializing in transforming dreamers into successful entrepreneurs. Ms. Fulbright possesses over 15 years' experience partnering with small business owners, aspiring entrepreneurs, and nonprofit leaders to bridge the gap between where they are now and where they need to be to build successful, sustainable, and profitable business models. Her love of mentoring, teaching, coaching, and networking with visionary dreamers has led her to assume positions such as the Co-Area Director of the Chicago chapter of Networking in High Heels - a national networking group for professional women in business, Strategic Director for the CTW International Ministry - a nonprofit whose mission is to raise awareness and restoration for victims of sex trafficking, and Volunteer Coach (Formerly Director of Training & Recruitment) for New Life Coach Inc. - a nonprofit organization that provides six weeks of free life coaching to underprivileged individuals. Ms. Fulbright also provides Workforce Development and Entrepreneurship training, coaching, and consulting for several Chicago Housing Authority programs administered through the Chicago Urban League on the south side of the city. For more information about Ms. Fulbright's services or to book her as a speaker for your next workshop or event, send all inquiries to info@buildingbridgeschicago.com or call (773) 564-9675.

Peggy Goddeau is a Financial Advisor with The Heartland Group. She made a very thoughtful decision to transition out of medical practice and leverage all her training and experience into the financial services industry. Her passion is to work with small business owners, individuals and families, to develop protection-based, financial strategies that are holistic and flexible, which optimizes all of their resources to help achieve tangible wealth and financial security. She does this by guiding them through a five step process which will: Clarify, Organize, Evaluate, Educate, and Develop/Implement (CO-EED) those strategies.

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The entire half day event is free. Each participant pays for her own dinner off of Shannon's Irish Pub Special Event Menu

RSVP: <http://www.meetup.com/TheNEWgroup/events/194333472/>

OR: <https://www.facebook.com/events/565427240233047/>

OR: thepositivelynew@gmail.com

Learn more about Previous Network of Entrepreneurial Women events:
<http://www.maikesmarvels.com/?tag=positivelyNEW>

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