

# the CHICAGO NETWORK *invites you...*



## About Marilyn



**Marilynn Preston** (1979) is a journalist, author, Emmy Award-winning TV producer and the creator of *Energy Express*, the longest-running syndicated fitness column in the country.

In a lively, engaging style, Marilyn explores what it means to live a healthy, happy lifestyle. From eating clean to going Green, she links body and mind to politics and culture, and always encourages readers to start where they are.

Learn more at  
[www.MarilynnPreston.com](http://www.MarilynnPreston.com)

## A ROUNDTABLE ON CREATING WELL-BEING: **BRING YOUR OWN VISION**

**Picture yourself a year from now,  
living a healthier, happier life...**

You're smart, you're successful, your sanity is still intact, and now you want to take the next big step. How much better would life be if you were closer to living your dream? Do you want to eat smarter, feel calmer, have more energy?

Whatever your priorities -- exercising more, stressing less, finding well-being and achieving work-life harmony -- you're in charge, you can make it happen. It begins with your own personal and detailed visualization of yourself, leading your best life.

Join **Marilynn Preston** for an interactive Roundtable that focuses on personal change and includes the latest studies on how to make it happen.