

1st Annual Women's Wellness Conference

July 19, 2008

8AM-5PM

\$20.00

ticket info below

Chateau Safflyn, 350 Galina Lane, Jordanville, NY

A Powerful Conference

Key techniques to embrace success, reduce stress, healthy lifestyle

KEYNOTE SPEAKERS

Cynthia Andela, President, Andela Products

Kim Tranter, Owner, Empire Diner Herkimer

Sylvia Rowan, Herkimer County Clerk

MORNING SESSION	AFTERNOON SESSION
<p>8:00-9:00 Registration 8:30-9:30 Breakfast 9:45 Opening Ceremony, MC Jill Rae Vennera 10:00 Sylvia Rowan: Herkimer County Clerk 10:15 Blase Sylvester Success Partner Networking 10:20 Kim Tranter, Owner Empire Diner Herkimer</p> <p>Performance: Karla Andela</p> <p>Morning Workshops: Start the day with movement 10:30-11:00 Marchell Scarano Hatha Yoga for health 11:00-11:30 Kathleen Kellogg, Belly Dancing "Release the woman in you"</p> <p>Keynote Speaker: 11:30-11:50 Cynthia Andela. President, Andela Products LTD 11:50-1200 Breakout</p>	<p>12: 00-1:00 Lunch Raffle and Door prize</p> <p>Afternoon Workshops</p> <p>1:05- 1:45 Susan Beadle Emotional Freedom Techniques Tapping Your Inner Power</p> <p>1:55- 2:20 Marilyn Miller Tai Chi Reduce Stress with movement</p> <p>2:30-3:15 Betty Ann Petkovesk Feng Shui Balance your Home, Business & Life Naturally</p> <p>3:45-4:00 Breakout</p> <p>Raffles Closing</p>

SPA services available by appointment only: Full Body Massage, Reflexology, Sauna

Vendors

Andela Products LTD.
Faces of Astarte
Bounty Farms
Genesee Wellness Center
Denim Dolls
Nature's Feng Shui Designs
Get Great Health
Shaklee products

Jill Rae Signs
Healing Intentions
Two Red Kitties, Inc.
WISP
Gentle Yoga
Solely U
Healthy Homes
Berkshire Farms Center and Youth Services

Tickets are available at the door or by visiting <http://womensretreat.eventbrite.com/> for \$20 each
 Group members pay \$15 each with advance registration (groups of 5 or more)

Cynthia Andela, President
Andela Products
Keynote Speaker

President - Andela Products, Ltd.

Cynthia Andela is President of Andela Products, Ltd., a leading manufacturer of glass recycling equipment and systems. Andela Products, Ltd. has developed a unique technology for processing glass and provides creative solutions and systems engineering for all types of scrap glass reduction and separation, CRT/TV and scrap electronics recycling, and gypsum board recycling. Andela Products, Ltd. is also leading the industry with the development of processing plants that produce recycled glass commodities that are being introduced into a variety of new markets.

Cynthia has spoken on glass, scrap electronics and gypsum board recycling and has extensive information and knowledge related to the use of pulverized glass both in the USA and around the world.

Partner - Taland Corp

From 1987 – 1995, Cynthia Andela, in partnership with Grave Talma, started a property and real estate investment company. They invested in land, farms, single family and multiple family income properties and developed properties with timber resources. They subdivided and improved properties for income and re-sale as they balanced this with their “other” life of caring for small children.

Mother - Home Maker

One of the most important businesses Cynthia started began with the birth of Karla and Lisa Andela in 1987 and 1988. She found that most of the skills, character building exercises, and life lessons learned by being a mother were applicable to the start-up and running of a business. Cynthia considers building an accepting and loving home environment as one of life’s greatest accomplishments.

Engineer - General Electric

From 1981 – 1986 Cynthia was employed by General Electric. She was an industrial engineer that designed production facilities and she managed production control activities in the machine shop and in final assembly with five supervisors and over 100 employees reporting to her.

Community Involvement

Cynthia finds a balance in life with her church and community involvement. Some of these activities include:

Trinity Christian School – Founding School Board Member

Organist – Trinity Christian Reformed Church

Mentor – Zone Youth Community Program

Richfield Springs Planning Board Member

Otsego County IDA member

Richfield Spring Chamber of Commerce Member

Education

Cynthia grew up in Michigan and met her husband James Andela while attending Calvin College. She got her BS - Bachelor of Science, May 1980, from Calvin College in Grand Rapids, MI. James and Cynthia got married in 1978 and moved to Ann Arbor, MI where she completed her BSME - Bachelor of Science in Mechanical Engineering, in May 1981 from the University of Michigan. After moving to Richfield Springs, NY and buying the Andela family farm she started working at General Electric and went back to school at nights to complete her MBA - Master of Business Administration, in May 1984 from Rensselaer Polytechnic Institute in Troy, NY.