



IDAHO PROFESSIONAL WOMEN'S **EXPRESS**  
NETWORK

## “THE JOURNEY TO BECOMING OPTIMALLY HEALTHY”

CHEF HEATHER CUDE

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**MAY 21, 2013**

**4:30 – 6:00**

Please RSVP  
[info@ipwen.org](mailto:info@ipwen.org)

by Monday May 20th

WHITEWATER GRILLE  
*355 RIVER PARKWAY, IDAHO FALLS*

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**Guests are free for up to two meetings  
Appetizers, relaxed atmosphere, and great company!**

- **Woman-to-woman business networking group**
- **Committed to providing educational opportunities for our members**
- **Time sensitive (once a month; in a time-contained agenda)**
- **Open to membership for the entire State of Idaho**
- **Part of the fourth-largest women's networking group in the US, ABWA**

Renee Spurgeon, President National website [www.abwa.org](http://www.abwa.org)

National website [www.abwa.org](http://www.abwa.org) or visit [www.ipwen.org](http://www.ipwen.org) for more information Join us on Facebook at

“Idaho Professional Women's Express Network”