



Self-Care for You and Your Business: A Celebration of Women in Business!

Tuesday, October 30, 2018

11:15 a.m. Registration Opens

11:30 a.m. – 12:30 p.m. Lunch and Program

The Training Room at Troy Bank & Trust Company

1429 Hwy. 231 South (next to Lowe's)

Troy, Alabama 36081

*October is National Women's Small Business Month
so we're celebrating!*

- **Self-Care for YOU!** Hank Strother and Beth Bavaro of FitFire Studio will be on hand to discuss taking care of yourself through nutrition and simple exercises to relieve stress throughout your day.
- **Self-Care for YOUR BUSINESS!** October is also Cybersecurity Awareness Month! Learn how a few simple clicks can help secure YOUR business.
- **Self-Care for YOUR MONEY!** Tenise Owens, Senior Trust Officer and Executive Vice-President of Troy Bank & Trust will discuss available trust and financial service options.

Register Now at <http://bit.ly/SBDCwomeninbusiness> There is no cost to attend this event but pre-registration is required and is limited to only 30 participants. There will also be GREAT goody bags you don't want to miss, door prizes and a delicious lunch from Chicken Salad Chick!! Co-sponsored by Troy Bank & Trust, FitFire Studio and the Pike County Chamber of Commerce.

Alabama SBDC Network is a statewide service network funded in part through cooperative agreements with the U.S. Small Business Administration (SBA), Defense Logistics Agency, and the State of Alabama. Hosted by The University of Alabama. Nationally accredited by the Association of SBDCs.

Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. Contact Brenda Marcum, 100 Industrial Boulevard Troy, AL 36081. 1-334-674-2425.