



IMPACT 100  
SEATTLE



**TICKETS: \$20**

- Discounted tickets available
- Beverages and snacks included!
- Proceeds support local nonprofits

# Strong, Healthy, and Thriving

## PANEL DISCUSSION ON WOMEN'S WELLNESS

- Discover you're not alone in your struggles
- Hear expert advice on how to thrive through life's natural transitions
- Get clarity on what's normal and what might need attention — from hormones to joint pain to age spots
- Learn about treatment options, alternative therapies, and medical advances that support whole-body wellness
- Ask questions directly to women's health experts
- Meet and socialize with a group of inspiring women



**DR. SARAH SUNG**  
Board certified  
dermatologist and  
owner of The Perq, a  
Derm Clinic



**DR. KAREN PARKER**  
A triple board-certified  
functional medicine  
provider with extensive  
clinical experience in  
hormonal healthcare



**NATALIE RIBBLE M.S.**  
Certified Strength and  
Conditioning Specialist  
Head Coach at Seattle  
Strength and  
Performance

**Purchase Tickets Here:**



Thursday May 15  
5:30-7:30pm  
Armoire HQ  
4786 1st Ave S  
#105, Seattle, WA  
98134

**Thank you sponsors!**

Wine generously provided by  
Ginevra Casa Smith

**ARMOIRE**