



WOMEN HEALING WOMEN ON THE MOVE

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LEARN HEALTH WISDOM FROM THE EXPERIENCE OF THREE DYNAMIC WOMEN HEALTH PROFESSIONALS

LIVE YOUR LIFE TO ITS FULLEST IN ALL YOUR GLORY
INSTILL HOPE, HEALTH & HAPPINESS AND TEND TO
YOUR UNIQUE NEEDS AT EVERY STAGE OF LIFE

We Will Plant Seeds of Thought About:	Empower Yourself with Information About:
Balancing Your Hormones	Integrative Mind/Body Medicine
Boosting Your Vital Energy (Qi)	Preventive and Proactive Wellness
Optimal Posture and Alignment	Woman Oriented Physical Therapy
Developing Your Inner and Outer Core	The Role of a Nurse Practitioner in Healthcare
Proper Function of Your Vital Organs	Traditional Chinese Medicine Options
Strengthening Your Bones	Vitamins and Herbs for Maximizing Life
Maximize Function Throughout Your Life Cycle	Relaxation Techniques
Peaceful Sleep and Optimal Stress Reduction	Energy through Hydration and Nutrition
Vibrant Hair and Skin Tone	Tai Chi and Qigong Exercise
Achieving and Maintaining the Perfect Weight	Pelvic Floor Restorative Exercises

Caring Women 

Are here to help YOU

FREE Public Lecture @
Monmouth County Library
Eastern Branch
1001 Route 35, Shrewsbury NJ
May 20, 2009 — 7:30-8:45pm

For more information :
Call (732) 758-1800
Or email
info@healing4u.com