

dare to be
you

Sunday, November 16, 2003
8:00am to 6:00pm
Sheraton Eatontown Hotel & Conference Center
Route 35, Eatontown, NJ

True health happens when you are totally and unequivocally being yourself. Come learn from a unique, progressive, and motivational group of women healthcare professionals who have come together on this day to share their wisdom with you. You will come away from this conference feeling empowered mentally, physically, emotionally, and spiritually - with the impetus to manifest your dreams and aspirations. You owe it to yourself to join us for this day dedicated to the health and healing of women. Discover how to incorporate integrative medicine into your life, meet other like-minded women, and learn about healthcare businesses in your community. Come and let your hair down to feel and experience your unique you. Without realizing who you are, happiness cannot come to you.

Name _____
Address _____
City/State/Zip _____
Phone _____ Email _____

No. of Tickets _____ @ \$90 (\$100 after Nov 1st) Total \$ _____

Please circle lunch choice: Chicken Vegetarian

Make Checks Payable to: RBAC (Red Bank Acupuncture)

Please circle: Mastercard Visa American Express

Card No. _____

Expiration _____

I agree to pay the above total amount according to card issuer agreement.

Signature _____

mail to: PlanetConnect or fax to: PlanetConnect
223 Maple Avenue 732-933-9455
Red Bank, NJ 07701

Proceeds to benefit 180 *turning lives around* 180nj.org
Formerly the Women's Center of Monmouth County



Tickets are non-refundable – Charitable Event.
Register early to our annually sold out event.

For more information or to register:
phone 732-933-9473
visit caringwomen.com



Caring Women
c/o PlanetConnect
223 Maple Avenue
Red Bank, NJ 07701



SHARI LIEBERMAN, PHD, CNS, FACP

Clinical Nutritionist and Author



Dr. Lieberman is a nationally known authority on nutrition, specializes in women's health issues, and is a frequent guest on television and radio. She holds a Ph.D. in Clinical Nutrition and Exercise Physiology from The Union Institute, OH and a M.S. in Nutrition, Food Science and Dietetics from NYU. She is a Certified Nutrition Specialist (CNS) and a former officer and present board member of the Certification Board for Nutrition Specialists, President of The American Association For Health Freedom and a Fellow of the American College of Nutrition. Dr. Lieberman is also a faculty member of the University of Bridgeport and School of Human Nutrition graduate program as well as an industry consultant, a published scientist, and in private practice for 20 years.

She is author of *The Real Vitamin and Mineral Book 3rd Edition*, *Get Off the Menopause Roller Coaster* and *Dare To Lose*.

"Getting Through Menopause Safely and Naturally"

Dr. Lieberman will be presenting lifestyle intervention and specific nutritional supplements to ease you through this transitional time.

"Optimizing Breast Health"

We are all concerned about our breast health. Specific foods, dietary supplements, exercise and stress management can keep our breasts healthy, even if we've had breast cancer. Dr. Lieberman will share her knowledge and expertise to show us how we can optimize the health of our breasts.

"The Diet Dilemma"

What the heck do I eat now? High protein, no carb. HI carb, no fat. What's a girl to do? Learn the best way to eat, in addition to the best exercise and supplements to support your weight management goals.

TALKING TRIOS

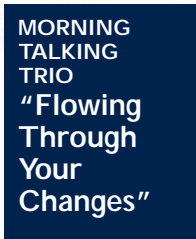
Get ready to observe three dynamic and interesting women talking together. Find out what they share in common and hear both allopathic and holistic perspectives. These promise to be lively and interesting sessions addressing both menopause and breast health from a physical, emotional, and medical standpoint. Each woman will bring in not only her professional expertise, but also her personal viewpoints about how to create more flow and empowerment throughout our precious life cycle.



MINDY WISER-ESTIN, MD

Gynecologist

Dr. Mindy Wisner-Estin has private practices in both Little Silver and Howell, NJ where she provides gynecology and gynecologic surgery for girls and women of all ages. She includes alternative/complementary medicine in her medical practice by recommending natural hormones, vitamins and lifestyle changes to treat menopausal symptoms.



DONNA MUTTER, DC

Chiropractor

Dr. Donna Mutter has a private practice in Brick, NJ where she is committed to providing nurturing service to people of all ages in gaining the gift of greater spinal health. She specializes in Network Spinal Analysis (NSA), a gentle touch technique done to achieve greater communication between the brain and body.



BARBARA HOLSTEIN, Ed.D.

Psychologist and Author

Dr. Barbara Holstein is in private practice in Long Branch, NJ where as a Positive Psychotherapist, she teaches people how to enhance their lives – and consequently live lives of meaning and joy – by reclaiming what is positive about them. Her books include *The Enchanted Self: A Positive Therapy and Recipes for Enchantment*, *The Secret Ingredient is You!*



MUSICAL ENTERTAINMENT

LYNNE GASSEL, BFA

Performing Artist

Lynne has been performing since the age of ten. She has been a vocalist for the Associated Orchestras of Philadelphia, starred in numerous musicals, and most recently wrote, directed, and performed a Concert Series with Bob Ralston and "Evening of Cabaret" accompanied by renowned jazz pianist Paul Smith.

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"The Healing Power of Qigong"

Qigong is a system of Chinese movements designed to empower you to heal yourself on all levels. Breathe, move, and flow along as you experience more energy, peace, and vibrancy through gentle exercises to help you remain an ageless woman.

SHOSHANNA KATZMAN, L.Ac., MA

Acupuncturist, Tai Chi and Qigong Professional and Author
Shoshanna Katzman is the Director of the Red Bank Acupuncture and Wellness Center where she provides acupuncture, tai chi and qigong lessons, herbal recommendations and energy body consultations. She is also the Ambassador and Vice President of the National Qigong Association. Shoshanna's books include *Qigong for Staying Young and Feeling Light*.



"Feel Good For Life: 7 Steps to a Healthy Body, Mind & Spirit"

Seven steps that are essential for creating a healthy lifestyle will be presented so you can achieve and maintain your wellness goals. Living with a better quality of life makes everything else seem easier, especially when you start each day feeling your best. Join us to learn how you can make small changes that will lead you to big results, so you can live at your optimum level of well being in mind, body & spirit.

GAYLE REICHLER, MS, RD, CDN

Wellness Coach, Registered Dietician, and Author
Gayle Reichler has a private nutrition and wellness counseling practice in New York City. She specializes in helping people create healthy lifestyles they will enjoy and creating foods that make healthy living easy and satisfying. Gayle lectures internationally on wellness, nutrition, and healthy cooking. Gayle's book is *Active Wellness*.



"Dare to Be in Your Body- Feeling the Heart of Your Vagina"

What is this mysterious thing we call sexuality? How, with all of the cultural pressure to look and be a certain way, can it be a source of our own pleasure and power? In this half hour presentation, we will learn new ways to think about empowerment and how being connected to our vaginas is an essential part of this process.

BLAIR GLASER, MA

Psychospiritual Counselor and Drama Therapist
Blair Glaser has a creative psychotherapy practice in Brooklyn and Manhattan in which she utilizes verbal psychotherapy, creativity, energy work and spiritual philosophy. She also leads drama therapy groups and Vagina Monologue Workshops, a creative approach to empowerment for women.

INTERACTIVE ROUNDTABLE

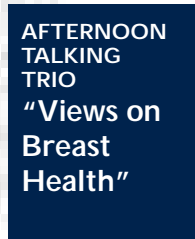
This is a unique format whereby mini-workshops will be happening simultaneously at each table. Presentations will be led by dynamic women professionals to enlighten you about their work and to provide a group interactive experience. You can learn more about our roundtable presenters by visiting caringwomen.com.



BETH DEUTCH, MD

Breast Imager and Radiologist

Dr. Beth Deutch is a nationally renowned and published breast imager and Founder and Medical Director of HerSpace: Breast Imaging Associates located in West Long Branch, NJ. She offers personalized, compassionate and state-of-the-art services dedicated to putting women at ease while pursuing the clinical objective of detecting and diagnosing breast cancer at its earliest, most curable stage.



MELISSA MAKIN-SANNELLI, DC

Chiropractor and Certified N.A.E.T. Practitioner

Dr. Melissa Makin-Sannelli offers her services at Makin Family Chiropractor Center in Red Bank where her goal is to provide high-quality, gentle treatments and to educate families toward optimal health through natural chiropractic care. She also provides N.A.E.T (Nambudripad's Allergy Elimination Technique) to treat allergies and chemical sensitivities by rebalancing the nervous system through acupressure and offers weekly health classes to guide people in living to their fullest potential.



MADELINE MUISE, MSW, LCSW

Family Therapist and Mediator

Madeline Muise is Executive Director of Mediation and Therapy Associates in Red Bank, NJ providing practical holistic solutions for challenging life issues through individual, couple, family and group therapy using an eclectic approach including art therapy. Her areas of expertise include women's issues, relationships, addictions, expressive arts healing and divorce mediations. She presents nationally on relationships, divorce and custody issues and leads workshops using expressive arts for healing.

THE DAY'S EVENTS

- 8:00 - 9:00 Registration, Continental Breakfast, Visit Exhibitor Hall
- 9:00 - 12:00 Presentations
- 12:00 - 2:00 Lunch, Visit Exhibitor Hall
- 2:00 - 5:00 Interactive Rountables, Talking Trios
- 5:00 - 6:00 Cash Bar and Appetizers, Raffle Drawing, Visit Exhibitor Hall

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