10th Annual Women’s Wellness Day

It’s all About You: Integrative Health from Head to Toe

Friday, May 18, 2012
8:30am to 2:00pm
Newport Beach Marriott Hotel

Keynote Speaker:

Lindsay Wagner - actress, advocate, humanitarian and author. Will share ways to “Quiet the Mind and Open the Heart,” offering tools to help us overcome personal challenges while accessing the peace and joy naturally within us.

Workshops led by UCI Physicians and Integrative Practitioners

Topics Covered:
- Food as Medicine: How to Get Healthy Through Eating
- Manage Your Stress: Stay in the Moment
- Hormones and Your Heart
- Is it Fibromyalgia?
- A Healthy Mind - A Happy Life
- Buff and Sexy Forever

Purchase Tickets
(949) 824-5763
www.sscim.uci.edu

Tickets $127 ($147 after April 18)
Includes one ticket for all main and breakout sessions, continental breakfast, lunch and “Health” goodie bag

Sponsorships available, please contact Laurie Macaulay, lmacaula@uci.edu or 949.824.9278.