



What Every Woman Needs To Know ... The Series

You And A Guest Are Invited To An Afternoon Tea – Please Join Us!

Thursday, May 20, 2010

2:00 to 4:00 pm

TriPoint Medical Center

Physician Pavilion

Lubrizol Conference Center

7590 Auburn Road

Kindly Respond: angie.braidich@lakehealth.org or 440.354.1900

Vaia Lappas-Gilchrist M.Ed., DTR, CPT
Wellness Coach/Exercise Physiologist
Lake Health, Wellness Institute

Stress Relief: Tips For Women

Melissa Celko-Kozmon
Yoga To Go!

Maria E. Quinn, Esq.
Panel Moderator

Retirement Planning

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Additional Dates – Please Reserve The Following On Your Calendar
September 23, 2010; November 4, 2010

Presented by:

Lake Health Foundation, the philanthropic affiliate of Lake Health.

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