



## **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](mailto: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:

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