

HEALTHY AGING: SELF CARE FOR WOMEN OVER 40



Supporting Your Vision of the Future By
Creating New Practices for Healthy Aging

**Susan Wallace, L.Ac, Acupuncturist, Herbalist- Specializing in
Women's Health, Nutrition and Brain Research/Health**

**Ondine Norman, MFT, International Leadership Coach specializing in
women's issues, life purpose and maintaining vitality**

LOCATION: UC Berkeley Campus
DATE: September 19, 2009 - Saturday
TIME: 9:00am – 5:30pm – with lunch break
FEE: \$100-rsvp: susan_wallace@earthlink.net

WHAT YOU CAN EXPECT:

Experiencing ourselves through movement that reveals our
current strengths, priorities of care and areas for growth

Informative conversations and sharing of resources on such
topics as:

- Nutrition, Exercise, Rest and how dramatically it affects
your mind and body
- The aging brain and what you can do to maintain brain
health

Please join us for a fun, informative and
care-filled day

QUESTIONS: Call either: Susan 510-559-
8700 or Ondine 914-396-6045

Complimentary Nutritional Analysis

You will also receive a nutritional analy-
sis with your enrollment fee.