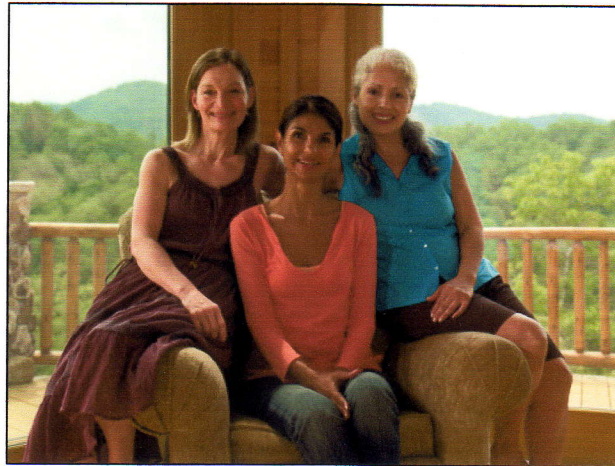


# HEALTHY AGING: SELF CARE FOR WOMEN OVER 40



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](mailto: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.