

SELF-CARE ESSENTIALS FOR WOMEN™

Top 10 Ways to Live a Longer, Healthier Life!

Do You Have:

Guilt about taking time just for you?

Loss of interest in hobbies and Activities you once enjoyed?

Difficulty staying focused?

Neck and/or back pain, muscle tension, headaches or high blood pressure?

Join this *complimentary* 60 minute teleconference with 3 female medical experts and learn how to take better care of yourself without spending any money.

Wednesday - MAY 14, 2008
8:00 pm—9:00 pm EST

PRESENTED BY:

Yolanda G. Smith, RN, MSN, Director of *Holistic Self-Care: Just For Me, Inc.*
Rev. Smith is a Holistic Nurse Educator who assists individuals in creating a balanced healthy life by focusing on mind, body and soul connection.

FEATURED SPEAKERS:

Jeannette Aycock, MD, Psychiatrist, Private Practice, NY
Dr. Aycock has been helping women for over two decades by improving their physical satisfaction with their bodies and self esteem.

Hollis Underwood, MD, Internal Medicine – *Sonoran Health Specialist, Inc.*, AZ
Dr. Underwood specializes in cardiovascular disease prevention for over twenty years.

The combined expertise of these three speakers will empower participants to gain knowledge and insight into their own well being and give them the tools necessary to incorporate this newfound knowledge into their lifestyles.

Visit www.Selfcarejustforme.com to register & receive a confidential FREE *Holistic Lifestyle Assessment* with customized recommendations to improve your health!



Holistic Self-Care:
Just For Me