



Women's Wellness Seminar

**August 8th, 2015 at
9:30am-12:30pm**

Highlands Recreation Center
Multipurpose Room

Speakers include:

Dr. Adele Makow
Renwew Laser Clinic

Julene Montgomery
Montgomery Nutrition

Dr. Tanya Escobedo
Wild Women Wellness

Christina Jee
Physical Therapist

Join us for an informative and
inspiring day with the latest
insights on how to live a
healthy, balanced life.

Admission is FREE!
Light refreshments provided.