



WOMEN'S HEALTH RETREAT

LIVE A GOOD LIFE

Join this interactive women's health retreat!

This will be a great day of Speakers including Physicians, Physical Therapist, Life Coaches, Massage Therapists encompassing the following topics:

- Women's Heart Health- Dr. Tim Shanahan
- Health Benefits of Manual Lymph Drainage- Sarah Mosslih, Licensed Massage Therapist
- Women's Bone Health & Fractures related to Osteoporosis- Dr. Jason Jancosko
- Nurturing Strategies for Mind, Body and Soul- Michelle Hammond Certified Life Coach
- What's new in Breast Cancer Care Close to Home-Dr. Roberta Lilly
- Transform Stress into Success Using Science of the Brain- Anna O'Connor, Certified Life Coach
- *Rise Up* and let's drinks some Coffee- Claire Rekitzke
- Cultivating a Space for Spirituality and Healing- Rev. Jody Gunn
- Creating a Vision for Your Life- Kerry Gunshenan, Certified Life Coach
- Stand Up for Improved Health- Chris Jobeck, Physical Therapist
- Yoga and Meditation for Health and Wellness - Kelli Remo, Registered Yoga Instructor
- Abnormal Uterine Bleeding, Causes and Management- Dr. Aisha Siddiqui
- "You Uncorked" A Recipe for a Delicious Life-Laurie Forster, The Wine Coach



Keynote Speakers

**The Milestone
Event Center
9630 Technology
Drive
Easton, MD**

**October 15th, 2016
Registration: 7:30am
Event begins at
8:00am**

Tickets: \$75.00

A portion of the proceeds will benefit the CARES Program at UM Shore Regional Health's Cancer Center.

www.caplinkwellness.com

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**\$1,000 includes table
of 8, Banner
Advertisement &
Online Recognition**

**Door Prizes &
Wine/Ice Cream
Happy Hour!**