

Women & Wellness 2008

healthy living

*Location: Hollis Hall
Marin County Office of Education
1111 Las Gallinas Avenue • San Rafael*

To register for any or all of these free programs, call (415)444-4610 or email Sanrafael.healtheducation@kp.org

Come to one or all programs. Open to the Community.

Whether you're single or married, a stay-at-home mom, a working professional or retired, getting the care and health information you deserve is too often last on your to-do list. We're here to help. These programs are offered at no cost. Please invite your friends!



May 8 – Empower Your Well-being through Clarity and Communication. 7 - 9pm

Come explore the power of clear and direct communication. Practice strategies to effectively communicate with those you love and work with. Get ready to learn practical tools to become more effective as an agent of change in your own life!

Neha Sangwan, MD, an Internal Medicine physician at Kaiser Permanente Walnut Creek, is a recognized public speaker on communication, nutrition and wellness. She is certified in Mind Body Medicine from the Center for Mind Body Medicine in Washington, DC.



May 22 – Color Your World! Eat Your Greens, Reds, Yellows and Oranges. 7 - 9pm

Looking for simple yet delicious ways to get more anti-oxidants and vitamins? Enjoy a dynamic evening that combines cooking demos, nutrition facts and culinary flair. Take home tips and recipes that make eating healthy easier for you and your family.

Susan Weiss, RD, a Registered Dietitian at San Rafael Medical Center, and **Rachelle Boucher**, executive chef and co-founder of The Generation Chefs are teaming up again to bring you good nutrition, good food and good fun.



May 29 – Look Good! Protect and Rejuvenate Your Skin. 7 - 9pm

Discover ways to help protect and restore your skin's natural health and beauty. Find out more about newer topical treatments and techniques.

Nancy Todes-Taylor, MD, is a dermatologist at San Rafael Medical Center. Her expertise includes both Mohs surgery and cosmetic dermatology. She has a longstanding commitment to community skin cancer education and screening and is a popular guest lecturer in this wellness series.

Registrants will not receive a reminder card. Late registrants will be notified if the programs are full.