

Moving
through life
with energy
and
enthusiasm



fab factor

This workshop will prepare you for a lifetime of mobility and movement. **Laura McIntosh, MD**, will help you to identify early signs of bone and joint degeneration before they become a problem and will offer strategies for prevention. Pain specialist **Oluchi Ozumba, MD**, will provide insights for preventing and addressing pain. You'll see a demonstration of Body Mapping, a digital analysis that can help improve balance, flexibility and core strength. And a fun, fabulous SHOE fashion show will be a highlight of the evening.

Date: Thursday, August 19, 2010

Time: 6 to 8:30 p.m.

Location: Saint Vincent McGarvey Learning Center, 232 West 25 Street, Erie, PA

Admission Fee: FREE! A free gift, prizes and snacks, too!

To Register: Registration required. Call 814-866-4817 or e-mail spiritofwomen@svhs.org

Web: www.saintvincenthealth.com/spiritofwomen

