



Rejuvenate Yourself

Free to all Kaiser Permanente Members and Community Members

Mother, wife, partner, daughter, sister, friend, homemaker, breadwinner, family "doctor" . . .

With the many roles you play as a woman, it's not always easy to find the time and energy to take care of your own health needs. Come and enjoy an evening devoted to *you*. We'll show you how to:

- make healthy changes in your life
- communicate more effectively
- make time for the things you enjoy
- relieve stress
- improve your mood

Thursday, September 21, 5:15 – 6:15 p.m.
Woodland Hills Medical Center
Entrance 5, 1st Floor, Auditoriums B and C

Featured Speakers: Patricia De La Riva, MD, Bonnie J. Weissman MPH, and Louise Hernandez, Department Administrator, Health Education/Physician Education

Enjoy door prizes, opportunity drawings, and light refreshments!

Reserve your spot today!
Call (818) 719-2448

