

# Aging With Grace: Women's Health Workshop

Education • Rejuvenation • Community

First in a series on Wellness Across the Decades • Brought to you by Your Oasis Wellness Team

Escape your busy life, and enter our sanctuary of stillness. Join us for yoga, meditation, lunch, and learning about complementary approaches to managing menopause, osteoporosis, and the signs of aging.

## Professional Perspectives:

**Daniela Isfan MD** – Pros and cons of current conventional medical approaches, and cutting edge information about surprising science behind the benefits of meditation.

**Dan Fleishman DC – Chiropractor** – How to improve the body's natural ability to be well, how your diet and pH impact your bone health, get your free saliva pH testing at this workshop.

**David Shapley CCH, RSHom – Classical Homeopath** – Basics of homeopathy, and its role as a side-effect free alternative to conventional osteoporosis, menopause, and aging management

**David Morcom PharmD – Integrative Pharmacist** – Effective herbs & natural supplements for maintaining female health; bioidentical hormone replacement therapy & saliva testing.

**Kamal Albright – Yoga and Meditation Instructor** – Beginner yoga and guided meditation session for optimal mental sharpness, stress reduction, and long-term health.

## Attendance Prizes

One \$120 Value Chiropractic Consultation, a \$100 Discount for a Homeopathic Consultation, a \$135 Yoga Studio Membership, "Women's Bodies, Women's Wisdom" book, "Chicken Soup for the Chiropractic soul" book, 1 hr Wellness Consultation at Abrams Royal Pharmacy, Nutritional Supplements, & pH Saliva Testing

## Register at:

<http://agingwithgrace.eventbrite.com>

Questions: [oasiswellnessteam@gmail.com](mailto:oasiswellnessteam@gmail.com) or 972-464-6334

## Fee:

\$35 Online, \$40 at Door  
Vegetarian  
Lunch Included!

**On Saturday 06/01/13**

**10:00am - 1:30pm**

Place: The Dallas Meditation  
Center at 727 S Floyd Rd, Richardson, TX

