

Women's Wellness in the 21st Century

Preparing for the Best Years of Your Life

We are now 10 years into the 21st Century... how do we best respond to the conflicts, challenges and information overload.

Today, 50 is the new 40 - or even 35, and we may live 10 or 20 years longer than our mothers and grandmothers.

Join us for a one-day wellness seminar designed for women who want to enjoy their best years at 30, 40, 50, 60, 70 and beyond.

Learn about exciting advances in science, technology, medicine and general wellness. Enjoy the company of like-minded women who have made the choice to be pro-active about their own health and wellness.

July 16, 2011
August 20, 2011

To register on line please go to
<http://www.ci.claremont.ca.us>
and click on "Recreation Classes"



Seminar will be held at City of Claremont
Human Services Department,
1700 Danbury Road, Claremont, CA 91711
from 8:30 a.m. – 1:30 p.m.

Guest Speakers



Maxine Green Miller,
M.A., Yoga
Instructor, "Morning
Stretch"



Franklin Johnson,
M.D., "General
Gynecology
and Health
Maintenance"



Pauline Abbott,
Ed.D., "The W's of
Womanhood for
Women of all Ages!
Women's Wellness,
Wisdom and Wealth"



Edward J. Romo,
L.Ac., "Choosing
Acupuncture
to Improve
Your Health"



Jean Grant, M.A.,
"Work/Life Balance:
Finding Our Way
Back to the Road
Less Traveled"