

REDEFINING HEALTHCARE



Lake Health

LifeCycles
FOR WOMEN

Ladies Night Out!



Take a bite out of stress by enjoying a night out with the girls and indulging in the health benefits of dark chocolate never before pondered! Lake Health Psychologist Lori Stevic-Rust, PhD, will discuss how to balance stress in your life, while Lake Health Dietitian Sharon Minjares, MS,RD,LD, director of Lake Health's Wellness Institute, will share her thoughts on why dark chocolate is good for your heart and calming to your senses.

March 20, 2012 • 5:30 – 8:30 pm
Potpourri Fondue Gallery
8885 Mentor Ave., Mentor, Ohio 44060

Fee: \$15 fee for members; \$20 for non-members and includes special fondue menu.

Spa services will also be available from 5:30 – 6:30 pm and 8 – 8:30 pm.

To register, call the Best of Health Line at
440-953-6000 or 1-800-454-9800

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