

Women's Health Event: Leading a Balanced Life

Offered in partnership with Stillwater Area Schools Community Education

Saturday, September 27

Stillwater Area High School Auditorium
5701 Stillwater Blvd. N, Stillwater, MN

9 am - Continental Breakfast and Registration
9:30-noon - Presentations

Balancing Life through Proper Nutrition

Lynne Stark, DTR, BSW

Our lives are busy, and sometimes it's hard to eat right. Nutritionist Lynne Stark will show you the tools you need to eat healthy and how to apply them when grocery shopping, eating out and eating in. You'll leave with delicious recipes that use only 3-4 ingredients.

30-minute break with opportunities to experience stretching, yoga and chair massages.

Work-Life Balance

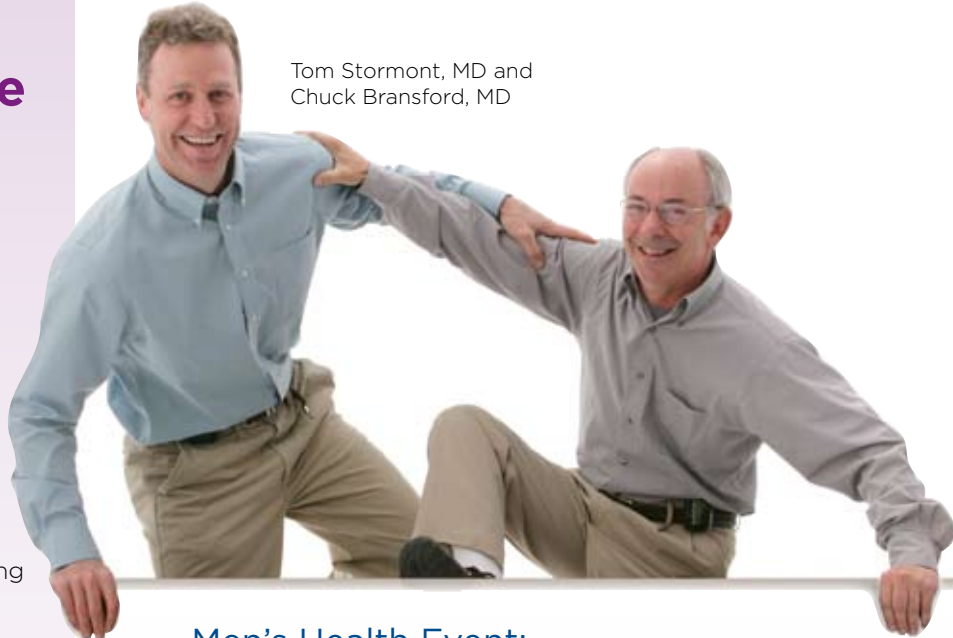
Ewa Peczalska, PhD, LP, Stillwater Medical Group
Life can pull us in many different directions, and sometimes we lose our balance. Psychologist and pain management specialist Ewa Peczalska will teach you three ways to manage your stress.

\$15 | Advance registration required, please call (651) 430-4697



Lynne Stark and
Ewa Peczalska

Tom Stormont, MD and
Chuck Bransford, MD



Men's Health Event: Overcoming Obstacles

Thursday, October 2

Boutwells Landing Town Hall
5600 Norwich Pkwy, Oak Park Heights, MN

5:30 pm - Dinner
6-8:30 pm - Presentations

It's Not What Happens to You; It's What You Do About it

Bob Bardwell, a national motivational speaker
Paralyzed from the waist down, Bob puts a triumphant twist on an old saying: "Where there is a wheel, there is a way!" Through the years, Bob's worn out 65 sets of new wheels and spun across hundreds of marathon finish lines. Come and hear how you, too, can learn to roll over life's obstacles.

How You Can Beat Prostate Cancer

Tom Stormont, MD, Stillwater Medical Group
Prostate cancer is the most common cancer in American men today, yet the death rate is dropping. Why? Urologist Dr. Tom Stormont will reveal how more men than ever are beating prostate cancer today in three steps. Hear how prevention, early detection and early treatment can help you beat prostate cancer.

We All Have Obstacles... And the Tools to Handle Them

Chuck Bransford, MD, Stillwater Medical Group
We each face our own obstacles in life - whether it's a chronic illness or a major life change. But many of us don't realize that we also possess the internal tools to overcome them. Internist Dr. Chuck Bransford will discuss how to tap into your inner strengths and thrive in spite of your obstacles.

\$15 | Advance registration required, please call (651) 430-4510