

# SPRING INTO HEALTH!

## 1ST ANNUAL WOMEN'S HEALTH FAIR

Join us at our upcoming Women's Health Fair for a morning full of healthy fun and learning. You can browse booths for helpful information on maternity, breast health, pelvic health, total joint replacement, weight-loss surgery, diabetes education, emergency and travel medicine, and senior services.

What's more, we've planned a range of fun activities:

- Cooking demo and nutrition lecture
- Integrative health demos
- Free health screenings
- "Ask a Doc" – Your chance for a brief one-on-one with an expert physician

You can also join our Spirit of Women® membership program and meet our new Women's Health Medical Director, Dr. Dee Bose. It's a healthy way to spend a Saturday morning, and we look forward to meeting you there.

Thank you to our presenting sponsor

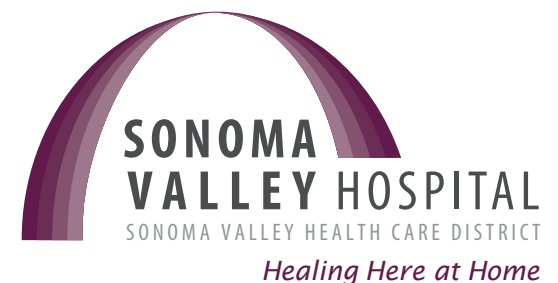
*Ramekins*



### FREE COMMUNITY EVENT

Saturday, May 4, 9 am – 12 pm

Ramekins Culinary School, Events & Inn  
450 W. Spain Street, Sonoma, CA 95476



**SPACE IS LIMITED!**

For more event information and registration, visit [www.svh.eventbrite.com](http://www.svh.eventbrite.com) or call 707-935-5007.