



Women's Diet & Fitness Summit

benefiting The Leukemia & Lymphoma Society



WHEN: Saturday, May 2nd, 2009, 1:00 - 4:00 p.m.

WHERE: Jewish Community Center of San Francisco
Kanbar Hall & Lobby
3200 California St, San Francisco

OVERVIEW: Hosted by Melina B. Jampolis M.D, CNNHealth.com's Diet and Fitness expert and FitTV's Diet Doctor, this event will bring together hundreds of bay area women who are seeking to learn more about practical approaches to diet and fitness as well as to try out the latest healthy nutrition products on the market. Dr. Melina will be joined by top rated KGO radio fitness host Joanie Greggains and nationally recognized yoga expert Sherri Baptiste.

SCHEDULE: 1:00 – 1:45
Registration, body fat testing, fitness demo and browse the exhibit hall.

1:45 – 3:15

SESSION

SPEAKER

How popular diets work and how to make them work for you
Exercise 101: Feel Better & Turn Back the Clock
The Power of Yoga
Eating for Optimal Health: The Alternative Healthy Eating Index

Dr. Melina
Joanie Greggains
Sherri Baptiste
Dr. Melina

3:15 – 4:00

Healthy, freshly prepared organic snack courtesy of Beautifull
Q & A and book signing with Dr. Melina and Joanie Greggains
Body fat testing and visit the exhibit hall.

TICKETS: \$10 for general admission (includes gift bag)
\$25 for VIP admission (includes signed copy of Dr. Melina's book, *The No Time to Lose Diet*, and food journal donated by Calorie King)

To purchase tickets visit www.drmelina.com. Discounted onsite parking available.
A limited number of tickets will be available onsite at the start of the event.

Special thanks to our sponsors and gift bag donors.



Visit drmelina.com for more information.