

Presbyterian Healthcare System presents

Healthy
Women
Healthy
Lives

Apples & Pears:

Harnessing the Power of Body Shape
to Promote Weight Loss and Wellness

Are you an apple or a pear? The answer makes all the difference in making the best decisions for diet, exercise and other health options. Join keynote speaker Marie Savard, M.D., as she offers expert advice on how to use your shape to maximize your health.

Plus:

Breakout sessions,
continental
breakfast, lunch,
health screenings
and a gift.

**Saturday,
April 29, 2006
8:30 a.m. – 1:30 p.m.**

Event Ticket: \$35

Two Location Options:

Dallas: Southern Methodist University

Plano: Marriott Legacy Town Center

Media Sponsors:

*D Magazine, DallasChild Magazine, Dallas Morning News, KERA,
People Newspapers, Plano Profile*

Presenting Sponsor:

Southern Methodist University



**Presbyterian
Healthcare System**
Texas Health Resources

**Call 1-800-4-Presby or visit www.phscare.org to register
for Healthy Women, Healthy Lives 2006**