



You Are Invited!

The Walter T. Stec Memorial Education Foundation Proudly Presents:
Invest Now for a Lifetime of Vibrant Health!

A community health education seminar to empower individuals to take responsibility for their health and wellness. The program will focus on the proven foundations for preventing illness and promoting optimal health:

Nutrition ♥ Daily Exercise ♥ Stress Management

Moderator: Rita Stec, MD

Specialist in preventive health and internal medicine and Author of:
"A Woman's Home Health Companion: A Guide to Wellness"

Keynote Speaker: Geoff Bond, MS

Nutritional anthropologist - Internationally renowned author and speaker. An authority on what it means to be human in lifestyle terms. Author of "*Deadly Harvest: the Intimate Relationship Between our Health & our Food*"

Mark Smith, PhD

Applied exercise physiologist & nutritionist

Beth Mulligan, PA

Mindfulness meditation teacher

WHEN: Saturday, March 6, 2010; 9:00 am – 3:00 pm – Tea will be served on the Patio
Come Early and Bid on our Silent Auction Items!!

WHERE: The Living Desert, 47900 Portola Ave., Palm Desert, CA (760) 346-5694–Chase Gallery
Tennity Board Room www.livingdesert.org

DONATION: \$10.00 includes 1 Raffle Ticket for Grand Prize Drawing!
To be announced at the Conclusion of Seminar **** Must be present to Win!
ALSO includes FREE ADMISSION to the Zoo (a \$12.50 value)!

For more info contact:

Marlene Bailey @ m Bailey@hollyhills.com 760-325-1877

Marie Robertson 760-327-8125

Rita Stec, MD: 760-773-5063

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Cut Along Dotted Line above and

MAIL YOUR DONATION TO:
Rita Stec, MD, 43585 Monterey Avenue, Suite 3, Palm Desert, CA 92260

_____ Number of Tickets @ \$10.00 per person Name of Guest: _____

Make checks payable to: **WTSMEF** Name of Guest: _____

If paying by Visa or MasterCard: VISA MASTERCARD

Name on Card: _____

Billing Address on Card: _____

Expiration Date: _____ CSC: ____ (3 digit on back of card) City, State and Zip Code

Signature: _____ Amount Authorized: \$ _____

Or to secure your seat online, please logon to: <http://awomanshomehealthcompanion.com> and pay on PayPal.

The Walter T. Stec Memorial Education Foundation is a public benefit 501(c)(3) non-profit corporation. Fed ID #33-0884436.
All donations are tax deductible to the extent allowed by federal and state laws.