



FOR IMMEDIATE RELEASE

TAKE A PERSONAL DAY! REVITALIZE YOUR HEALTH & PRODUCTIVITY JUNE 2ND AT THE INVENT YOUR FUTURE WELLNESS FORUM FEATURING DR. NANCY SNYDERMAN

Discover New Ways to Manage Stress, Improve Brain Health and Boost Performance

SAN CARLOS, Calif., May 22, 2008 – The U.S. spends more than \$2 trillion on health care annually and those costs will continue to grow if women don't take the time to take care of themselves first. Invent Your Future Enterprises, a professional development company that specializes in the retention, development and acceleration of corporate women, created a power-packed half-day program dedicated entirely to debunking medical myths and empowering women to make more informed decisions about their health.

Join Microsoft, Sutter Health, Burke Williams Spa and Clif Bar & Company at the Invent Your Future Wellness Forum featuring a luncheon presentation and reception with Dr. Nancy Snyderman, Chief Medical Editor, *NBC News* and author of the new book "*Medical Myths That Can Kill You.*"

Invent Your Future Wellness Forum

June 2, 2008 12:00pm - 6:30pm
Microsoft Conference Center
Westfield Center
835 Market Street, Suite 700
San Francisco, CA

Featured Speakers

- **Dr. Nancy Snyderman**, Chief Medical Editor, *NBC News*, author of "*Medical Myths That Can Kill You.*"
- **Margaret Sabin**, CEO, Sutter Health Partners; Vice President, New Product Development, Sutter Health
- **Sheryle Bolton**, Brain Fitness Software Entrepreneur; Former Chairman & CEO of Scientific Learning Corporation



5 Valuable Lessons You'll Learn at this Fantastic Bay Area Event

1. The medical truths that will save, extend and improve your life
2. Foolproof ways to reduce stress at work
3. How to make choices now that will keep your brain in tip-top shape throughout your life
4. What parts exercise, nutrition, stress management, and mental stimulation play in maintaining a vibrant mind
5. How to fit these into our busy schedules



Take a personal day that includes lunch with national media personality, Dr. Nancy Snyderman, followed by afternoon seminars and a high-energy evening networking reception!

RSVP in advance at <http://www.inventyourfuture.com/WomensWellnessRegistration.html>. Space is limited. Registration includes a \$25 gift certificate from Burke Williams Spa.

For information by phone or to request special discount rates to register your team, department or women's group, call 650-472-3782 x2.

About Invent Your Future

Invent Your Future Enterprises is a professional development company that specializes in the retention, development and acceleration of women leaders. Based on extensive research on the training needs of corporate managers and high potential leaders, the company offers talent development programs, skill-building events and organizational consulting. For more information, visit www.inventyourfuture.com.

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