

**The Integrated Healing Center Welcomes Back Sandra Mowry
at The Office of Christine F. Hayes P.T., P.C.
195 W. Lancaster Ave, Suite 3
Paoli, Pa. 19301**

Sandra is a clinical nutritionist currently working in private practice and is a practitioner with The Integrated Healing Center at The Offices of Christine F. Hayes, P.T., P.C. Sandra's medical specialties include working with cancer patients to stimulate the immune system, boost energy levels and maintain maximal nutritional support during and after cancer treatments. She also uses her passion and knowledge to personalize nutritional programs and healthy lifestyle changes for all kinds of health problems including those with high blood pressure, high cholesterol, weight management issues, diabetes and more.

In addition to her recently published book, Nutrition Solutions—A Guide & Cookbook to Live Longer & Stronger, Sandra penned columns for 15 years for a Philadelphia area newspaper entitled "Food for Thought", and "Ask the Nutritionist" for a fitness web site. She has published numerous articles for magazines and publications and was a Philadelphia area restaurant critic for ten years. Sandra has made numerous television and radio appearances in Pennsylvania, Delaware, Massachusetts, and CNN, and most recently public television WHYY. Sandra consults in medical and mental health settings for national organizations, state and local agencies and is a nutritionist for both The Delaware and Philadelphia Wellness Communities.

Monday Evening October 5, 2009 6:30 – 8:00PM

An Intimate Workshop on How to Maximize Your Health: Boost energy, improve memory and strengthen immunity

Join us for an evening designed to explore what you can do to restore vitality and stamina, stay sharper mentally, and boost your body's immune system to ward off disease to live longer and stronger.

The single most important thing you can do to stay alive is strengthen your own body's defense system. Find out which foods, supplements and life style changes will help you ward off disease and live longer.

Start this season off on the right foot armed with the tools needed to remain healthy and conscientious of your food choices learn how to integrate this into the flu and holiday seasons.

Please RSVP by Friday October 2, 2009

Cost: \$20 per person

Call Michele Mallon at 610-695-9913