

FREE Women's Health Expo

Tuesday, May 3, 2011 ~ 5:30 p.m. — 8 p.m.

River's Edge Hospital & Clinic
1900 N Sunrise Drive, St. Peter

"Living Your Life in Balance"

Break out sessions every half hour starting at 6 p.m. Learn more about:

- Stroke prevention for women
- Balancing exercise and weight
- Aromatherapy
- Home health care options
- Bone density checks
- Chiropractic, Acupuncture & Massage
- How to maintain healthy bones
- Dental health
- FREE chair massages
- Nutrition for women
- Lap Band Surgery, SmartLipo (Laser Liposuction) and SmoothShapes Treatments

RIVER'S
EDGE

Hospital & Clinic



Keynote by
Mrs. Minnesota
Breanna Ludeman
6:30 p.m.

Mankato Chiropractic

& Mankato's
Healing Touch
River's Edge

For more information call 934-8419 or 934-9000