

Women of all ages and backgrounds are invited to an evening of enlightened knowledge and self-care tips designed to inspire a loving relationship with your breasts.

For the Girls

EMPOWERING STRATEGIES FOR BREAST WELLNESS

Lenna Shepard, CTT will discuss diagnostic and screening tools used to detect breast cancer. She will share clinical information on current testing methods, including recent advances in blood and genetic testing methods. The benefits and shortfalls of current mammography, thermography, MRI and ultra sound screenings will also be presented.

Colleen Forqus, NTC will review the role diet, nutrients, lifestyle and hormones play in breast health. As a cancer survivor, Colleen knows first hand how important it is to take an active stance in our own health outcomes.

Clarisse Ringwald, FFSM will take a look at all of the beautiful new bra options in the fashion world today. Lingerie is often an overlooked fashion element. Clarisse will show you how to bring Fashion Feng Shui to your intimate wardrobe while minimizing your exposure to underwire bras.



Lenna Shepard
253.686.0565
lennashepard.com



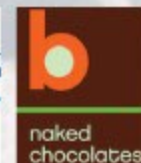
Colleen Forqus
480.399.3192
thegirlandtheegg.com



Clarisse Color Creations, LLC
CHIC IMAGE, PERSONAL STYLING

Clarisse Ringwald
602.320.2489
clarissecolorcreations.com

- Monday – October 16 6:00 – 8:00 p.m.
- Expressions Home Gallery
7550 E. Greenway Road-Suite 110-Scottsdale
- \$25 per person. Advanced registration is required. Sorry, no refunds.
- Register at www.thegirlandtheegg.com/workshops
- Wine and appetizers will be served.
- Delicious delights from b naked chocolates.



Thank you to b naked chocolates and expressions home gallery for their generous donations to this event.