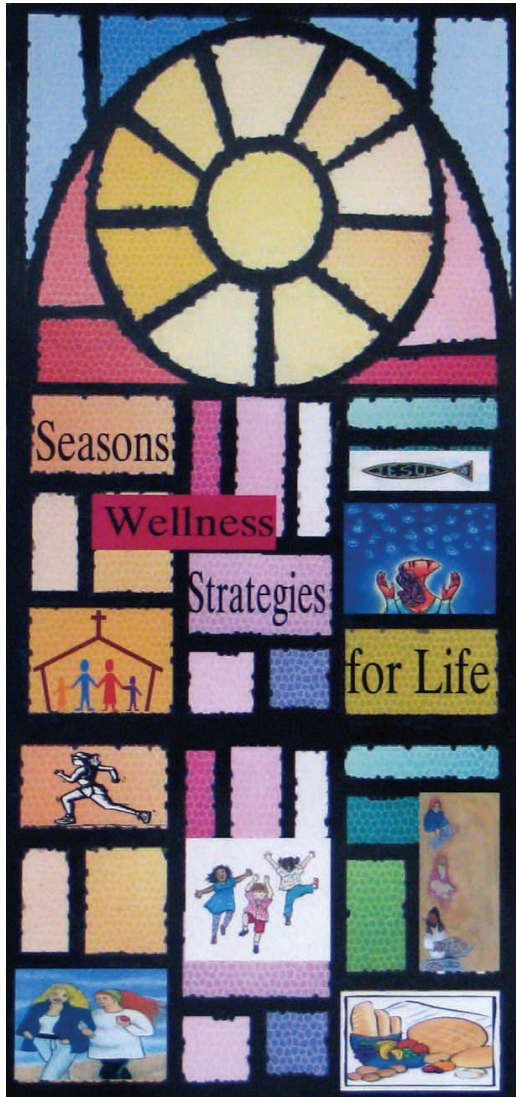


# Fourth Annual Wellness Conference For Women

**“RENEWING OUR STRENGTH; BALANCING OUR LIVES”  
THE SHILOH HEALTH MINISTRY**



**9:00am**      **Exercise Class with Kevin James, Licensed Fitness Instructor (individuals at all fitness levels are welcome; wear comfortable clothes)**

**Complimentary Light Fare Breakfast**

**10:00 a.m.**   **Dr. Patricia A. Davidson (Cardiologist)**  
♦ **Topic: “Women and Heart Disease: Prevention and Treatment”**  
♦ **The role of nutrition, exercise and stress reduction**

**11:30 a.m.**   **Complimentary Light Fare Lunch**

**12:00 Noon**   **Dr. Miriam Michael (Nephrologist)**  
♦ **Topic: “Surviving and Thriving - Living the Longest and Best”**  
♦ **Prevention and treatment of diabetes and kidney disease; understanding the “pre-diabetes” status**  
♦ **The role of nutrition, exercise and stress reduction**

**Throughout the Day, starting at 9:30 a.m.**

- ♦ **Visit booths, receive health-related information**
- ♦ **Blood pressure and other screening tests**
- ♦ **Neck massages**

***But they that wait upon the LORD shall renew their strength... (Isaiah 40:31 KJV)***

**Saturday March 13, 2010**

**9:00 a.m. to 1:30 p.m.**

**Shiloh Family Life Center Gymnasium  
9th & P Streets, N.W. ♦ Washington, D.C.  
[www.ShilohBaptist.org](http://www.ShilohBaptist.org)**

**Admission is Free**

Sheryl E. Lucas, MD  
Gwendolyn D. Prioleau  
The Reverend Dr. Wallace Charles Smith

Chair, Shiloh Health Ministry  
Chair, Wellness Conference For Women  
Senior Minister, Shiloh Baptist Church