

Presbyterian Women proudly present these experts to help you achieve health and wholeness. The program will include:

✓ **Dr. John Fudyma, Internist**

Dr. Fudyma is currently the Medical Director for the Seneca Nation Health Department. He is also the Associate Medical Director of the Erie County Medical Center. He is an expert in general health and will talk on safety tips to keep you and your family healthy and safe. He will also be available to answer your questions.

✓ **Susan Ksiazek, RhD, Pharmacist**

Ms. Ksiazek is currently the Director of Physician Quality and Education at the Erie County Medical Center. She is a Senior Level Pharmacist with 25 years of experience. She will provide information on medication safety and answer any questions you may have.

✓ **Kris Ziegler, NP Women's Health**

Ms. Ziegler, Women's Health Specialist, will provide information on issues facing women today and answer questions regarding the new Gardasil® vaccination.



✓ **Physical Fitness with Brett Zieglersmith**

Brett Zieglersmith, fitness expert and personal trainer, will provide tips on exercise and physical fitness for people of all ages and physical condition.

✓ **Healthy Cooking with Cynthia Kelly**

Cynthia will show you how to prepare 25-30 meals with one list of ingredients and one grocery list! You'll be amazed at how easy it is to fill your freezer with healthy and delicious foods making weeknight meal planning a breeze!



- ✓ Blood Pressure Screening
- ✓ Massage Therapy
- ✓ Meditation
- ✓ Chiropractic Medicine
- ✓ Children's Workshop on Handwashing and teaching them to steer clear of germs and infections.



**October 1, 2009  
6:30 – 8:30 pm**

**To register:  
Call 875-1962**

**or**

**Email:**

**[lisaan7@roadrunner.com](mailto:lisaan7@roadrunner.com)**