

Sandy Brewer, Ph.D. is delighted and honored to be a guest panelist at this special event. She will be available before and after the program to meet and greet you in person. It's a great, informative event at no charge. We look forward to seeing you there!



*"Only a life lived for others is a life worthwhile."
-Albert Einstein*

*The Sheila Kar Health Foundation proudly hosts and cordially invites you to the 5th Annual Valentine's Day Heart Protection Seminar entitled, "**Stress and heart disease; Stress and the body**"*

*In today's environment, STRESS is common to everyone and at all ages; it has become a way of life. Stress helps us rise to meet challenges, however, beyond a certain point, stress can be detrimental and damage health, mood, productivity, relationships and quality of life. Dr. Sheila Kar will give a comprehensive lecture on the **Impact of stress on the heart and body as a whole**. This will be followed a discussion by experts from varied specialties on methods of overcoming stress and being productive in life. The aim of the seminar is to offer the knowledge of how stress affects all aspects of our health (physical, mental, social and spiritual) and provide information on how prevent stress from having a deleterious effects on our lives.*

*"**Knowledge is Power.**" Empower yourself by attending this very informative seminar. This may enable you to save yourself, a family member or friend. Please attend with your friends, family and **children**.*

Date: Saturday, February 14th, 2009

10:00 am: Registration, Visiting Exhibits & Continental Breakfast

10:30 am: Introduction, Heart Seminar to follow

12:30 pm: Closing Remarks

Venue: Beverly Wilshire Hotel, 9500 Wilshire Blvd, Beverly Hills, CA 90212

Please RSVP by calling Liz at (310) 657- 8500, ext 2 or email at loritz@robertsondx.com by February 6, 2009

Admission is free

\$15 Valet Parking is available at the hotel

Faculty

Jeffery Wilkins, M.D.: Professor and Vice Chairman of Dept. Psychiatry & Behavioral Neurosciences, Cedars-Sinai Med. Ctr.

Sheila Kar, M.D.: Assistant Clinical Prof. of Medicine and Vice Clinical Chief of Cardiology, CSMC

Sandy Brewer, Ph.D.: Therapist and Author of "Pursuit of light, An Extraordinary Journey"

Susan Madison, M.D., PhD. Sleep Specialist, Fellow of the American Academy of Sleep Medicine & American College of Sleep Physicians

The Sheila Kar Health Foundation is a non-profit, tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code and Section 23701 of the California Revenue and Taxation Code(Tax ID #:20-4259640). Contributions to The Sheila Kar Health Foundation are deductible for computing income and estate taxes. Your generous contributions to The Sheila Kar Health Foundation are greatly appreciated and will be used to pay for this event and the Annual Foundation Scholarship Fund.