

# Women's Wisdom & Wellness™



## Southside Bethlehem



- ♥ Celebrate Your Soul's Wisdom
- ♥ Elevate your Self Esteem
- ♥ Liberate Your Self-Expression

Facilitated by

*Tahya & Helene B. Leonetti, MD*



Invite your friends, sisters, daughters, mothers and grandmothers to partake in an interactive simple, yet deeply effective experience of holistic wellness education for mind, body and spirit designed to provide women truths about well-being. Dr. Helene provides insights into realizing vibrant good health from the inside out and Tahya activates your unique spark of femininity via movements steeped in women's heritage. Enjoy a mind/body/spirit journey toward relaxation, joy, vitality & an elegant, elevated sense of self.

*Awaken \* Energize \* Heal \* Renew ... The Goddess Within You!*

DATE: Saturday, MARCH 28, 2009

TIME: 1:00 - 4:00 pm

PLACE: **Touchstone Theatre**, 321 East Fourth Street, between Taylor and Polk Streets, on the Southside of Bethlehem ~ for directions, go to <http://www.Touchstone.org/directions.html>

FEE: \$45\* ~ includes light refreshment

**What to bring & what to wear:** Notebook, pen or pencil, & water bottle; appropriate attire for movement (for example: ¾ sleeve T-shirt & soft, flexible pants)

\*NOTE: A portion of the proceeds of this event will be donated to Touchstone Theatre, operating since 1981 as the Lehigh Valley's premier venue for the most innovative theatre from here and around the world. Touchstone produces and presents both original and classic theatre with the mission of fostering inter-cultural, international and community collaborations. Through the continued support of individuals such as you, Touchstone is able to achieve this mission. Additional donations will also be accepted the afternoon of the program.

No refunds, unless, of course, documented medical emergency ~ Questions? E-mail: [tahya@tahya.com](mailto:tahya@tahya.com) or Call 610-776-7045

☺ [www.Tahya.com](http://www.Tahya.com) / [www.HeleneBLeonettiMD.com](http://www.HeleneBLeonettiMD.com) ☺

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Women's Wisdom & Wellness™ Reservation\* ~ due no later than March 24, 2009 (please)

NAME(S): \_\_\_\_\_

Phone:(H) \_\_\_\_\_ (OF) \_\_\_\_\_ (Cell) \_\_\_\_\_ E-mail: \_\_\_\_\_

Number of persons participating in class: [ ] x \$45/ pp \$ \_\_\_\_\_

TOTAL ENCLOSED: \$ \_\_\_\_\_

Please complete this form and submit with your check or money order made payable to Women's Wisdom & Wellness

Mail to Women's Wisdom & Wellness c/o Tahya, PO Box 56, Coplay, PA 18037-0056