

# AUDIO CD ORDER FORM

## *A Woman's Journey*

November 12, 2011

Baltimore, Maryland

*Please circle selected session number(s).*

### LUNCHEON SESSION

LF-01 **Lunch with the Faculty**  
Dr. Christina Catlett

### LIVING WELL

LW1 An Ounce of Prevention  
LW2 Inflammation  
LW3 Medicine Cabinet  
LW4 The Shape of Health: Let's Get Physical

### A TASTE OF HEALTHY LIVING

HL1 Probiotics: A Little Organism Goes a Long Way  
HL2 What You Eat Can Save Your Life  
HL3 Feel the Burn  
HL4 Metabolism and Can We Change It

### ANATOMY OF AGING

AA1 Age to Perfection

AA2 All Things Remembered  
AA3 Eye to the Future

### BODY WORKS

BW1 Healthy Hinges: Beating the Pain of Arthritis  
BW2 Repairing the Brain  
BW3 Essence of Beauty  
BW4 Treating Bone Loss: Convention and Controversy

### PULSE OF MEDICINE

PM1 A Hearty Discussion About Women and Heart Disease  
PM2 Changing the Script of Medical Visits – for the better  
PM3 Dream Weaver: The Quest for Sleep  
PM4 Staying Healthy in a Toxic Environment

### "C-ANSWERS"

CA1 Staying Abreast: A New Image of Personalized Medicine  
CA2 Sunshine on a Cloudy Day  
CA3 Top Ten Tips to Reduce Your Risk of Cancer  
CA4 Changing the Outcomes for Pancreatic Cancer

### FOR WOMEN ONLY

WO1 Sexual Encounters  
WO2 Unique Immune Responses in Women  
WO3 Crowing Glory  
WO4 The Power of Hormones in Women

### CONVERSATIONS

C1 Stress Busters  
C2 In Pursuit of Perfect Skin  
C4 The Use of Clinical Hypnosis in Women's Health

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Audio CD Cost per Session \_\_\_\_\_ x \$ 18.00 = \$ \_\_\_\_\_  
Cost on 8 or more Sessions \_\_\_\_\_ x \$ 16.00 = \$ \_\_\_\_\_  
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**Session Cost \$** \_\_\_\_\_

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