



Hosts and cordially invites you to attend
The 6th Annual Valentine's Day Heart Seminar

"I FEEL FINE, SO WHY DO I NEED A CHECK UP?"

While leading our busy and stressful lives, we tend to ignore symptoms that could end up in serious illnesses. We wait until the disease is advanced or irreversible. If everyone would get **regular medical checkups**, several illnesses could be avoided. Today's tight economy has led people to resort to **natural remedies** to stay healthy. Lastly, there is the **"Health Plan Phobia"**. The aim of this year's seminar is to provide information about the necessary screening tests at different decades of life or based on sex. We will discuss the safety, efficacy and drug interactions of complementary medicine and lastly there will be a discussion about the proposed health plan as we see it. There will be a panel of experts to discuss these 3 very vital topics.

"Knowledge is Power." Empower yourself by attending this very informative seminar with your friends, family and **children**.

SUNDAY, February 14th, 2010

10:00 am: Registration and Continental Breakfast

10:00 am-12:15 pm: Silent Auction

10:30 am-12 pm: HealthSeminar

Closing song: *"Can't take my eyes off of you"*

To be sung by The Boys from the cast of Broadway's **Jersey Boys**

Please RSVP to Nicole Levitt at (310) 397-9267 or nlevitt@wideanglegroup.com by February 6, 2010

Admission is free

Hotel parking: \$12 for self; \$16 for valet

Featured Panelists:

Sandy Brewer, Ph.D.: Inspirational speaker, therapist, coach, humanitarian and Author of "Pursuit of light, an extraordinary journey".

Gary Cohan, M.D.: Internist, researcher, radio talk show host, political commentator and lecturer. He pioneered work in Primary Care Medicine and HIV Medicine.

Sheila Kar, M.D.: Assistant Clinical Prof. of Medicine and Clinical Chief of Cardiology, Cedars-Sinai Heart Institute.

Soram Khalsa, M.D.: Internist and Clinical Professor of Medicine specialized in Integrative Medicine and author of "The Vitamin D Revolution".

Jack Lewin, M.D.: Chief Executive officer of the American College of Cardiology, he is a physician, experienced association leader, and a public policy expert and veteran health care advocate.

Judith Reichman, M.D.: Gynecologist and Women's Health expert, medical contributor on women's health for the NBC Today Show and author of several bestsellers on Women's Health issues.

Any Voluntary contributions towards the Event will be appreciated. *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.*