



Optimizing health and wellness.

**Free seminar,
guided meditation
and breathwork
sessions**

**Friday,
November 22, 2013
2:30 p.m.**

UFHealth
UNIVERSITY OF FLORIDA HEALTH



WOMEN'S ADVANTAGE

Learn how UF Health Integrative Medicine combines traditional medical therapies with complementary and alternative therapies, with an emphasis on the patient-practitioner relationship.

Friday, November 22, 2013 • 2:30 p.m.

**UF Health Shands Cancer Hospital
1515 SW Archer Road**

**FREE parking for seminar in garage or with valet at
front entrance. Reservations are requested.**

**For reservations, go to UFHealth.org/events
or call 352.733.0000.**



Irene Estores, MD
Integrative Medicine
UF Health Integrative Medicine