

# You Go, Girl!

Wednesday, April 6

6:30 to 8 p.m.



*Members attend free with a healthy dish to share, not-yet-members \$10*

## **The Care and Feeding of a Modern Working Woman** with Luann Colombo

Our mothers were right: we should eat more fruits and vegetables.

This age-old wisdom is now supported by solid medical research showing the health benefits of eating fruits and vegetables which can strengthen the immune system, prevent or slow the development of degenerative diseases, and contribute to good overall health in many other ways.

Science Author and Health educator Luann Colombo believes if you ignore your health, it will go away. And she means business. No. Really.

But why should women, in particular, care? If you've ever flown anywhere, you may remember flight attendants recommend that in the case of emergency, it's important to put the oxygen mask on yourself, first, in order to be able to help others.

If you're building a business, it's important to feed your body the fuel it needs for maximum performance. Being healthy allows you more time to focus on your business, rather than your health or lack thereof.

In this interactive presentation, Luann will explain how whole foods help the body by supporting a healthy immune system, which translates into less sick days.

*Luann Colombo, M.Ed., has been putting science into the hands of children and their parents for almost two decades. Nearly five million of her 42 children's books and games are currently in print in English and several other languages. Luann has also published curriculum for children's television programs such as Bill Nye, the Science Guy and NOVA as well as for museums and schools. She certainly has the right credentials. She earned a BS in both Biology and Psychology and a Masters in Science Education. Now Luann has found a way to combine her love of science and health. Ask Luann to autograph one of her books for your child or tell you how she is able to hug sick people!*

To register, please visit [ippw.org](http://ippw.org), Call 978.256.9391 or e-mail [Kathleen.Veth@comCast.net](mailto:Kathleen.Veth@comCast.net)