

JOIN OUR GRAND OPENING CELEBRATION SEPT 10-14!



# Dharma Days

A CELEBRATION OF YOUR TRUE BEING

## Five FREE Delightful Days of Health, Healing & Restoration

### WEDNESDAY, SEPT 10, 10AM-9PM

**10am, 11:30am, 1pm:** Radiesse Injection demonstrations by Dr. Fisher with presentation and Q&A sessions

**10am-3pm:** Ongoing makeup consultations and GloMinerals makeup applications

**10am-7pm:** Ongoing replenishing eye/lip/hand treatments

**11am, 4, 5 & 6pm:** "A Taste of Yoga" participatory meditative yoga demonstrations, followed by Q&A

**2pm & 3pm:** Pilates workshops followed by individual Thai bodywork intro-sessions

**2-7pm:** Ongoing chair massages

**7-9pm:** "Headaches & Hormones" a multi-disciplinary seminar lead by Dr. Merle Diamond of the Diamond Headache Clinic

### THURSDAY, SEPT 11, 10AM-7PM

**10am-7pm:** Ongoing makeup application  
**10am-7pm:** Ongoing replenishing eye/lip/hand treatments

**10am & 11am:** Presentations on Traditional Chinese Medicine nutrition, herbal medicine, and acupuncture; followed by ongoing individual consultations **until 7pm.**

**11am-Noon:** "Reversing the Effects of Sun Damage" seminar with Obagi and Dr. Fisher

**11am-7pm:** Ongoing chair massages

**Noon-3pm:** Ongoing Obagi individual aesthetic skin care consults

**1-3pm:** Fitness Q&A sessions followed by complimentary consultations

**4, 5 & 6pm:** "A Taste of Yoga" participatory meditative yoga demonstrations, followed by Q&A

### FRIDAY, SEPT 12, 10AM-7PM

**10-noon:** Fitness Q&A sessions, followed by complimentary consultations

**10am-7pm:** Ongoing 14-zone Dermalogica Face Mapping every 15 minutes, with gift for every participant

**10am-7pm:** Ongoing chair massages

**10am-7pm:** Ongoing replenishing eye/lip/hand treatments

**1, 2 & 3pm:** "A Taste of Yoga" participatory meditative yoga demonstrations, followed by Q&A

**4 & 5pm:** Introductory Qigong (Ch'i Kung) interactive class

### SATURDAY, SEPT 13, 10-5PM

**10am-noon:** Fitness Q&A sessions followed by complimentary individual consultations.

**10am-5pm:** Ongoing replenishing eye/lip/hand treatments

**10am-5pm:** Ongoing Face Mapping and GloMinerals makeup application

**10:30am & 11:30am:** "Introduction to Infant Massage" class (for infants 1-7 months of age). Individual consults **until 1pm**

**3-5pm:** Ongoing chair massages

### SUNDAY, SEPT 14, 1-5PM

**1:30pm & 3:30pm:** One-hour Thermage presentations followed by Q&A

**3pm:** Demonstration by Dr Fisher of an eye, face, or neck Thermage treatment

**1-5pm:** Ongoing chair massages

**1-5pm:** Ongoing replenishing eye/lip/hand treatments

**1-5pm:** Ongoing mini facials & makeup

DROP IN, OR CALL 847.256.9400 FOR YOUR FREE APPOINTMENT OR CLASS



ELYSA FISHER, M.D.

WOMEN'S LIFECENTER

AESTHETIC SURGERY & MEDISPA