

SMART TALK

A SERIES OF FREE HEART-TO-HEART LECTURES
FOR ALL WOMEN AND YOUR LOVED ONES

Sponsored by WOMEN'S CLINIC & FAMILY COUNSELING CENTER (310) 203-8899

Star of TV's *American Gladiators* Offers 12 Keys to a Balanced Life

Lori "Ice" Fetrick, internationally known celebrity athlete and star of television's *American Gladiators* and *Gladiators 2000*, brings you her own unique story. She describes her journey from poor self-image, to exercise-addicted young adult to her current healthy, happy and successful status. Lori has written a book with co-author Dr. Robert Epstein titled, **Pure Fitness: body meets mind**. Learn the 12 keys for achieving mental, physical and spiritual balance while Lori entertains you with stories of her experiences in travel, television and life. Book signing.

Thursday, October 17, 1996 **1:30 p.m.**
Family Fitness Center, 9911 W. Pico Blvd., Los Angeles
(Garage Parking. Approximately \$ 2.50)

An Angel on Your Dashboard & the Devil in Your Rearview Mirror: the drive for the American dream

Roseanne Welch is a free-lance writer and a staff writer on television's *Touched by an Angel*. Other writing credits include episodes of *Beverly Hills 90210* and *Picket Fences* and editorials for the *Los Angeles Times* and the *Cleveland Plain Dealer*. Roseanne has maintained her integrity and personal dignity in a business that is famous for stripping it. Incorporating quotations from her favorite authors and lessons learned from female relatives and role models, she describes her experience and shows how you, too, can effectively manage your personal and professional sanity and self-esteem.

Saturday, October 26, 1996 **4:00 p.m.**
Women's Clinic, 9911 W. Pico Blvd., Ste. 500, Los Angeles
(Garage Parking. Approximately \$ 1.25)

A Healthy Heart is a Happy Heart

* In conjunction with Border's Bookstore "Borders Benefit Days" for Women's Clinic & Family Counseling Center

Charlotte Libov is a nationally known author and speaker on the topic of women and heart disease. Co-author of **The Woman's Heart Book** and **50 Essential Things To Do When The Doctor Says It's Heart Disease**, founder of Women's Heart Health Day and editor of *Women's Health Hot Line*, Charlotte is, herself, a survivor of open-heart surgery. She delivers a comprehensive talk, discussing how to prevent the disease, what to look for if you suspect heart disease and what to do when diagnosed. Book signing.

Saturday, November 2, 1996 **4:00 p.m.**
Borders Books and Music, 1360 Westwood Boulevard, Los Angeles
(Lot and street parking. Fees vary.)

* Clip and take this coupon to Borders on the designated days and 15% of your total purchase will benefit Women's Clinic and Family Counseling Center.

**BORDERS BENEFIT DAYS
FOR WOMEN'S CLINIC & FAMILY COUNSELING CENTER
5:00 p.m. Friday, November 1 thru closing Sunday, November 3**

Valid at either one of the following two Borders locations between the designated days/hours.

Borders Westwood
1360 Westwood Blvd., Los Angeles
(310) 475-3444

Borders West Hollywood
330 S. La Cienega Blvd., Los Angeles
(310) 659-4045

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