



the Best You

women's health and lifestyle event

Saturday, April 12, 2008 10am–4pm

The Coastal House, Route 1 in Wells, ME



Attend **The Best You** women's health and lifestyle event and take steps toward creating a better and healthier lifestyle.

Capturing the spirit of “Oprah,” “Doctor Oz,” and “Tim Gunn,” the event will focus on spiritual, physical and energy renewal and relaxation. Through class work, demonstrations, hands-on trial and information sharing, you'll be able to preview a variety of

methods and processes available to help enrich your lifestyle.

Thinking about learning more about **Pilates**, **Hypnosis**, or **Skin Care**? At the **The Best You** you will have the opportunity to meet with professionals from a variety of fields and be able to experience different techniques and methods to help you become the best you.



For more information, visit www.bestyouevent.com