



~SEPTEMBER 2011~
OVARIAN CANCER AWARENESS
LUNCH 'N' LEARN

- SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH -
Ovarian Cancer is one of the leading fatal cancers of women today. It is known as the "silent" cancer. But it does "whisper", so we need to "LISTEN".
KNOW THE RISK FACTORS, UNDERSTAND THE SYMPTOMS
~KNOW WHAT QUESTIONS TO ASK YOUR DOCTOR~

WHEN: FRIDAY, SEPTEMBER 23, 2010
12:00 – 1:00 PM

WHERE: Innsbrook - James Salons/1st Floor – 4600 Cox Rd
RSVP: SOlive@markelcorp.com

BRING YOUR OWN LUNCH
OR PIZZA WILL BE AVAILABLE WHILE IT LASTS FOR THOSE ATTENDING

~ SPEAKERS ~

Greater Richmond National Ovarian Cancer Coalition
Dorothy Erlanger-Rich, MBA – Motivational Speaker, Entrepreneur,
Ovarian Cancer Survivor, Triathlete

Melanie Eads – President, Innsbrook Wellness Committee and
Director of Corporate Wellness, American Family Fitness

Please come and "listen". Do it in honor of someone who has been taken by ovarian cancer, fighting ovarian cancer, or just because YOU need to know... What YOU learn today could help save a life...it could be your own.

Presented by the Greater Richmond National Ovarian Cancer Coalition
partnering with the Innsbrook Wellness Committee

