

**Life Smart for Women  
A Comprehensive Women's Health Program  
NCPWoodlawn & TWO  
Class Sessions: October 20, 2007- January 5, 2008  
Time: Saturdays, 10-11:30 a.m.  
Park Shore East Apartments-Conference Room  
6250 S. Shore East Ct. (Harper) Chicago, IL 60637**

|  |                  |
|--|------------------|
| <b>Session 1-The Dimensions of Health</b>  | <b>10/20/07</b>  |
| <b>Session 2- Risk Factors &amp; Me: CVD, Stroke &amp; Diabetes</b>                        | <b>10/27/07</b>  |
| <b>Session 3-Nutrition: The Key to Better Health</b>                                       | <b>11/3/07</b>   |
| <b>Session 4-Physical Activity: Taking Care of You</b>                                     | <b>11/10/07</b>  |
| <b>Session 5-Mental Health: Coping with Stress</b>   | <b>11/17/07</b>  |
| <b>Session 6- The Role of Alcohol, Tobacco &amp; Other Drugs in our Lives</b>              | <b>12/1/07</b>   |
| <b>Session 7- Violence Against Women: The Facts Tell the Story</b>                         | <b>12/8/07</b>   |
| <b>Session 8-Sexual Health: Taking Charge</b>  | <b>12/5/07</b> — |
| <b>Session 9-Aging Well: Striving for a Lifetime of Good Health</b>                        | <b>12/22/07</b>  |
| <b>Session 10- Healthy Families: Using Resources to Access Information</b>                 | <b>1/05/07</b>   |
| <b>No CLASS 11/24/22/07 &amp; 12/22 &amp; 12/29/07 Thanksgiving and Christmas Holidays</b> |                  |

If unable to attend any scheduled session, please call A. Pope @ 773-425-4551.

NCPLSFWTWO

*Annie Pope*  
*Mea57@aol.com*