

Seminar offered for entrepreneurs and executives to learn 'Seven Powerful Habits for Increasing Wealth through Health in 2010'

Dr. Kulreet Chaudhary, founder and head neurologist at Wellspring Health in Scripps Memorial, will hold her second seminar, "Seven Powerful Habits for Health and Wealth in 2010." The interactive full-day seminar is back for an encore following a sold-out event in January. The event will take place March 28 at Morgan Run Club & Resort in Rancho Santa Fe, catering to entrepreneurs and executives who want to learn to achieve greater success and efficiency in business by fine-tuning their health.

"I am excited to be able to expand my programming to help individuals outside of the Wellspring Health practice this year," explains Chaudhary. "My goal is to use our knowledge to help as many people across the world as possible and I've seen significant increases in the health and overall quality of life for entrepreneurs and executives we've worked with over the years."

The program focuses on shifts in diet, daily routine and stress management as its core. Dr. Chaudhary will also explain why traditional medical practices often don't incorporate these types of progressive and preventative tactics. Attendees will learn to look at their health plan the way they look at

a business plan and they'll receive the tools to ensure they thrive. By creating a plan with goals and benchmarks, people can learn to measure their progress and guide their success. This highly intensive day will include interactive and experiential learning opportunities. Attendees will walk away with knowledge and clear strategies to ensure they will be able to make small shifts in their life that hold the key to increased health and clarity. Morgan Run's secluded location and pristine nature is idyllic to appreciate and connect with inner selves for an intensive day of reflection and learning.

The event will be held at Morgan Run from 8:30 a.m. to 5:30 p.m. on Sunday, March 28. Registration is \$425 before Feb. 28 and \$475 for those who register between March 1 and 28. Registration fees includes breakfast, lunch, two snacks, materials and the full day of seminars led by Dr. Chaudhary. Interested parties may register at www.MyWellspringHealth.com by clicking on the "events" tab. For questions or to receive more information on the event, please contact Wellspring Health staff at (858) 646-0400 or staff@wellspringhealth.net.

Del Mar resident blends the worlds of art and poetry in new book

A unique event will be held Sunday, March 7, for those who love poetry and art thanks to the efforts of Del Mar resident Robert Lundy and his "Guidelights Productions" partner Elizabeth Yahn Williams.

The duo recently put together a book titled "Summation 2009-10: the Merging of Art and Poetry," which will be officially released at the March meeting of Poets INC, an independent group of Inland North County poets. The book, based on an exhibition of art installed at the Escondido Municipal Art Gallery from Dec. 11, 2009-Jan. 4, 2010, contains reproductions of the work of 37 artists and the words of 20 poets.

Poets INC worked in collaboration with the Escondido Arts Association to bring juried poets on board to write works inspired by the art exhibited at the Escondido Municipal Gallery.

The March 7 event will begin with the readings of the monthly featured poet at 12:30 p.m., followed by a book reception at 2 p.m. "The poets in the book will be reading their poetry and I will be showing slides of the artwork that inspired it all," said Lundy.

The general public is welcome to attend. A passion for poetry helped Lundy get through a particularly dark time in his life. Although he came from a family that enjoyed poetry, he spent most of his career as a demographer and systems analyst.

Life changed for Lundy a little more than 10 years ago when, during the course of a few years, he was laid off from two jobs, his mother-in-law died, and his wife eventually

lost her battle with cancer.

"It's the sort of thing that you can honestly say, 'I never want to experience that ever again!'" Lundy said.

As both a time filler and a therapeutic form of creative self expression, Lundy rediscovered poetry.

"I was looking for things to get involved in and since I'd always liked poetry, I decided to form a poetry club, with a friend of mine, Bob Garland from Solana Beach, which was supported by the Solana Beach Library," Lundy said. "I brought along Ogden Nash works and read him, then I started writing my own work."

The library brought in a poetry director, Elizabeth Yahn Williams, to facilitate writing seminars with the group. Due to budget cuts, the library canceled the program after a year, but Lundy and Williams remained friends.

"That's when I really started writing a lot of poetry," Lundy recalled. "Elizabeth would invite me for dinner and say, 'OK, no food until you have written a poem.' It was amazing the number of poems I wrote about food during that time."

Their partnership has since led to both a performance-based duet, known as Hither and Yahn, and a joint effort in publishing poetry books. Through their formation of Guidelights Productions, Lundy and Williams have created opportunities for local poets to be published and to share their work with a broader audience.

One of Lundy's poems was a finalist in the 2009 San Diego Book Awards competition and he has been published in Analog Science, as well as several anthologies.

To find out more about Robert Lundy and Elizabeth Yahn Williams, visit www.hitherandyahn.com. The book, "Summation 2009-10," will be available for purchase at Poet INC's reception on Sunday March 7, at 2 p.m. at the Escondido Municipal Art Gallery, located at 262 East Grand Avenue, Escondido.

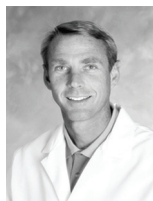


Robert Lundy and his "Guidelights Productions" partner Elizabeth Yahn Williams.

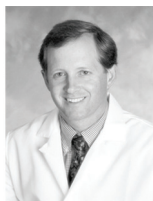


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