

Dr. Kulreet Chaudhary announces full-day seminar 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.

Book Works presents 'Stem Cells for Dummies'

On Tuesday, March 2, at 7 p.m., at the Book Works in Flower Hill Promenade, UC San Diego Professor Dr. Larry Goldstein will discuss his new book "Stem Cells for Dummies," a practical, plain-English guide to this politically-charged topic, one that cuts away the hype and clearly presents the facts on stem cells, free from debate.

The Book Works is located in the Flower Hill Mall, on the second level, 2670 Via de la Valle, Suite A230, Del Mar, CA 92014; 858-755-3735.

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