



Pearlstone Health & Renewal  
5425 Mt Gilead Road  
Reisterstown, MD 21136



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Pearlstone is Associated  
**ARE YOU?**



**Sex and Chocolate:**  
Embracing life and hormonal change  
A Day-Long Retreat at the Pearlstone Center  
5425 Mt Gilead Road Reisterstown, MD  
**September 2, 2009 8AM-9PM**

# A Retreat for Pre-Post Menopausal Women

## Topics to be addressed:

- Coping with symptoms
- Psychological effects
- Sex
- Sisterhood and support
- Spousal Relationships
- Supplements
- Western vs. Holistic treatments

## Morning 8AM-1PM

- Active sessions: Cardio Hike, Yoga, Meditation, Tai Chi
- Creative/Intellectual sessions: Art, Cooking & nutrition, DIY natural balms & lotions, Discussions with women leaders.

## Afternoon 2-5PM

- Panel Discussion: Sex Therapist, Rabbi, Homeopath, & Gynecologist/Internist
- Breakouts: each panelist will lead a session for participants to follow-up on areas of their choice.

## Evening: Dinner 6:00pm Keynote and Q&A 7:00pm -Dr. Kate Thomas, Sex Therapist

Board Certified Sex Therapist, American Board of Sexology, Licensed Nurse Psychotherapist, Society for the Scientific Study of Sexuality, American Association of Sex Educators, Counselors and Therapists, Johns Hopkins University School of Medicine, Stevenson University, Loyola College and The Institute for the Advance Study of Human Sexuality, Co-Director The Johns Hopkins University Sexual Behaviors Consultation Unit

There will be a special CHOCOLATE DESSERT BUFFET after our keynote

For more information contact Jessica Weinberg 410-429-4400 x219 [jweinberg@pearlstonecenter.org](mailto:jweinberg@pearlstonecenter.org)

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**\$118 includes 3 organic meals, 2 snacks & all programming**

**\$54 (evening only) includes organic dinner & evening keynote**

## Register to Join Us!

To register online visit [www.pearlstonecenter.org/renewal.html](http://www.pearlstonecenter.org/renewal.html)

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Full Day \_\_\_\_\_ Evening Only \_\_\_\_\_

Dietary Restrictions/Allergies? \_\_\_\_\_

Total Amount Enclosed \_\_\_\_\_ checks payable to Pearlstone

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