



Aging Beautifully

from the inside out

Learn how to maintain wellness
from child-bearing years
to prepare for menopause
and beyond!



Name:

Address:

City:

State:

Zip:

Number of Tickets:

Total Amount enclosed:

Cost: \$150 (non-refundable)

Register by May 30, 2008

Space is limited. Please register early!

Make check or money order payable to:

Lynn Billett

3304 Wellington Drive

Sacramento, CA 95864

Phone: (916) 716-4782

E-mail: agingbeautifully@gmail.com

Ticket Order Form

Directions

DIRECTIONS TO RADISSON HOTEL SACRAMENTO FROM INTERSTATE 5

(From Stockton, Redding or Metro Airport)

Take Interstate 5 into Sacramento

Take The Capital City Freeway (Business 80) East

Exit at Exposition Boulevard (CAL EXPO)

Turn Left onto Exposition Boulevard

Turn Left onto Leisure Lane

Guest Parking and Registration are located at the 2nd entrance

FROM INTERSTATE 80

(Eastbound - from San Francisco)

Take Interstate 80 East into Sacramento

Take The Capital City Freeway (Business 80) East

Exit at Exposition Boulevard (CAL EXPO)

Turn Left onto Exposition Boulevard

Turn Left onto Leisure Lane

Guest Parking and Registration are located at the 2nd entrance

FROM INTERSTATE 80

(Westbound - from Reno)

Take Interstate 80 West into Sacramento

Once you pass the Madison Avenue Exit, I-80 will split.

Keep to the right side of the freeway and

Take the Capital City Freeway toward Downtown Sacramento.

Exit at Exposition Boulevard (CAL EXPO)

Turn Right onto Exposition Boulevard

Turn Left onto Leisure Lane

Guest Parking and Registration are located at the 2nd entrance

FROM INTERSTATE 50

(Westbound - from South Lake Tahoe)

Take Interstate 50 West into Sacramento

Take The Capital City Freeway (Business 80) East

Exit at Exposition Boulevard (CAL EXPO)

Turn Left onto Exposition Boulevard

Turn Left onto Leisure Lane

Guest Parking and Registration are located at the 2nd entrance

FROM HIGHWAY 99

(Northbound - from Stockton)

Take Highway 99 North into Sacramento

Take The Capital City Freeway (Business 80) East

Exit at Exposition Boulevard (CAL EXPO)

Turn Left onto Exposition Boulevard

Turn Left onto Leisure Lane

Guest Parking and Registration are located at the 2nd entrance



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Saturday June 28, 2008

8:30 AM - 4:30 PM

**Where: Radisson Hotel
500 Leisure Lane
Sacramento, CA 95815**

Speaker: Lynn Billett FNP

Guest Speaker: Christine N. Trice CMT, CIM

Cost: \$150 (non-refundable)

Sign In from 8:00 AM - 8:30 AM

Lunch will be provided

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Course Topics

Menstruation changes with aging

How stress affects menstruation

Guided imagery breathing exercise

Common women's conditions

(includes: Irregular menses, PMS, Menopause, Dysfunctional uterine bleeding, Ovarian cyst, Fibrocystic breast disease, Endometriosis, Uterine Fibroid, Thyroid, Obesity, Diabetes, Hypercholesterolemia, Hypertension, Depression, Anxiety, Osteoporosis, Breast cancer, Uterine cancer, Ovarian cancer, Cervical cancer)

Yoga session

(Yoga mat available for purchase or bring your own.
Dress comfortably.)

Safe beauty products

Hormone disruptors

Nutrition and Nutraceuticals

Guideline on health screening

Self acupressure Massage

Items available for purchase cash/check only:

Yoga Mat \$20 Yoga CD \$15

Yoga DVD \$20 Theracane \$ 45

Botanical products: Prices vary

Featured Speaker

 Lynn Billett



Lynn Billett began her educational career studying her undergraduate studies at California State University of Sacramento in 1988-1992. From 1992-1995 she attended California State University of Fresno and received a Bachelor of Science degree in Nursing with a minor in Spanish. Upon graduation, she worked as a registered nurse at University Medical Center in various specialty areas including the pediatric burn unit, emergency room, adult and neonatal intensive care, medical-surgical, telemetry, post surgical, orthopedic, and neurology.

In 1997, She returned to Sacramento to work as a nurse at UC Davis Medical Center, gaining knowledge working in the liver and kidney transplant unit to oncology, trauma, emergency and med-surg. In late 1998, she attended University of California, Los Angeles and received her Master of Science in Nursing, Nurse Practitioner certification in Family Practice and a subspecialty in Occupational, environmental health and safety. Concurrently, she was trained at the Wooden Center and was certified through American Council of Exercise as a group fitness instructor.

Since October 2000, she has been working full time as a family nurse practitioner for the Department of Health and Human Services. Her role was to care for indigent and underserved patients with various primary care conditions as well as public health issues. She has also been a clinical preceptor for nurse practitioner students and physician's assistants students at University of California Davis.

In July 2005, her role of patient care shifted to taking care of women's health. The daily challenges in dealing with women's issues has set forth her passion on better educating women as a provider today.

Guest Speaker

Christine Trice 
Brown Bag Botanicals



Green. Beauty. Culture.

Christine Trice is the President of Brown Bag Botanicals™ & facilitator of the popular workshops, Green Beauty Queen™. By trade Christine has been a certified perinatal massage specialist and infant massage instructor for over a decade. Being the most experienced perinatal massage specialist in the greater Sacramento area, Christine works closely with OBGYN's and midwives and is called upon regularly to accommodate high risk pregnancies in hospital settings. She combined her experience & passion for alternative therapies with her knowledge of botanicals & natural healing to launch Brown Bag Botanicals™ officially in 2005. Her inspiration was her daughter, Trinity, who at 5 months old developed a severe case of follicular eczema that affected her entire body. When natural and medical remedies offered no resolve, Christine developed her own formulas, literally over her stovetop. Today Brown Bag Botanicals™ has retailers in five states and has built a corporate culture based upon sustainability, giving back to the community and creating products that are non-toxic, cruelty free and results oriented."



Christine Trice
Founder / President
Brown Bag Botanicals™, Inc.