



Friends of Wellness

Dear Friends...

The Friends of Wellness Leadership Council, listed below, invite you to join them for a special "friend raising" event!

Friends of Wellness Leadership Council:

- ~ Judy Bernstein
- ~ Adrian Grant
- ~ Sandy Klein
- ~ Carol Kurland
- ~ Lynda Levy
- ~ Ruth Salk

The Mission of the Friends of Wellness:

The Wellness Community-West Los Angeles' Friends of Wellness is dedicated to using its leadership, planning and community networking skills, in an environment of friendship, to promote the fundraising activities of the Friends of Wellness Luncheon. In addition, our goal is to enhance community awareness about the programs and services provided by TWC-WLA, at no charge, for people affected by cancer and their families.

The Mission of TWC-WLA:

When cancer is diagnosed, the reaction may be isolation, loss of control, and perhaps, worst of all, loss of hope. Through participation in professionally led support groups, educational workshops, nutrition, exercise, and mind/body programs, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope – regardless of the stage of their disease. All programs and services are provided at absolutely no cost to participants. The Wellness Community-WLA...cancer support, education and hope.



Karinna Kittles-Karsten, The Love Educator, is an internationally recognized speaker, author and the founder of Sacred Love, Inc. in Los Angeles, CA. She has also achieved career success as an international model and actress. Karinna's unique Eastern and Western approach to love, sex and intimacy based on almost 20 years of study of the intimacy wisdom of ancient China, western psychology, and mythology has helped thousands of singles and couples across the World. She has been a guest speaker at such prestigious organizations as New York University and Learning Annex. She has also been featured on television shows like NBC's Starting Over, and has given advice on the pages of national magazines like SELF. To learn more about Karinna, check out her website by clicking here www.sacredlove.com.

Karinna's presentation will inspire and motivate you to love and live more passionately than you ever thought you might and enjoy greater health, wellbeing and success in the process. She will discuss how to:

- ~ Live with passion every day
- ~ Strengthen love and joy in partnership and with friends (even through life challenges)
- ~ Keep the passion flowing at any stage of relationship
- ~ How passion and wellbeing are best friends

If you're ready to enter a brand new stratosphere in your healthy lifestyle, Karinna's presentation, **Loving and Living Passionately**, can get you started!

DATE: Thursday, February 28, 2008
TIME: 9:00AM – 10:30AM
LOCATION: The Wellness Community-WLA
 2716 Ocean Park Blvd., Suite 1040
 Santa Monica, CA 90405
 (310) 314-2555
(validated parking in lot behind building)

Please RSVP: by Monday 2/25/08 by calling Erin Morrison 310/314-2570 or via email emorrison@twc-wla.org

For more information: please visit www.twc-wla.org

PLEASE NOTE: There is no fee for entrance to this event, however RSVP's are required. Karinna will be selling and signing copies of her latest book, "Intimate Wisdom: The Art of Sacred Love" and one lucky guest will win a copy of it!

This event is for members of the Friends of Wellness. Please forward this invitation to anyone you know who you think would be interested in becoming involved with TWC-WLA's Friends of Wellness.



"No love, no friendship, can cross the path of our destiny without leaving some mark on it forever."

François Mauriac