



Join Us For A Free Brunch & Seminar

**Empowerment Through Knowledge
— The Road to a Healthy Life —**

**Alderman Oaks Retirement Residence
Wednesday, April 28, 2010
10:30 AM to 12 PM**

**Featured Speaker - Laura McSeaton, RN CNEH
of Ace Home Care**



Laura McSeaton, RN CNEH

Meet and hear Laura present and discuss topics such as:

- ▣ **Chronic Pain Challenges**
- ▣ **Stress Reduction**
- ▣ **Touch Therapy**
- ▣ **Breathing Exercises**
- ▣ **Laughter is Good Medicine**

Laura has over 25 years experience in Health Care. She has gained her knowledge through many different types of Health Care Settings, but her passion is Home Health Care, with focus on treating her patients as a whole, with honoring Body, Mind and Spirit they are able to obtain Positive Outcomes.

**For more information, or to Register for the Free Brunch & Seminar...
Call Theresa at (941) 955-9099 or Go Online to www.aldermanoaks.com**

**Alderman Oaks Retirement Residence, Inc.
727 Hudson Avenue ■ Sarasota, FL 34236
*In the Heart of Downtown Sarasota***