

# LONG ISLAND WOMEN IN POWER, INC.

516.640.8618

**SPONSOR an event!!**  
Call now & reserve  
your date



Ask about our  
Membership Drive  
specials.

**JOIN US FOR our East End Event**

Advanced Booking Online is Recommended...

**[www.longislandwomeninpower.com](http://www.longislandwomeninpower.com)**

Please support this month's non-profit  
**Cancer Center for**



Winthrop-University Hospital

Please bring **NEW** gray sweatpants in kids sizes or **NEW** children's hats **OR**  
Color Wonder/Water wonder activity sets (avail. at Toys R Us)

**TIME IS RUNNING OUT! SIGN UP NOW! CALL 516 640 8618**

**DATE: Monday, September 20, 2010**

**TIME: 6:00pm – 8:30pm**

**Sponsored by: Nutritional Healing**

**412 North Country Road, St. James, NY 11780**

**Topic: Losing Weight the Easy Weigh!**

Includes a sampling of homemade foods to speed up your metabolism

**Presented by Barbara Ann Grova, Holistic Nutritionist**

**LIWP Education Training Topic:  
Dos and don'ts of communication**



**Members \$10 (bring a guest and save \$5) Non-Members \$20**  
*Includes education, refreshments, and a night of quality networking with a cause!*