

# Health Care for the 21st Century

## \*The Power of Self-Care

Sponsored by The Regency Health Resort & Spa

Internationally recognized doctors and experts will share the healthiest effective strategies with you for:

- Long term weight loss
- Anti-aging
- Increased sexual energy & performance
- Lowering blood pressure & cholesterol
- Lowering blood sugar / diabetes recovery
- Addiction recovery
- Mindfulness / Stress management
- Increasing energy / fitness
- Increasing bone density
- Cancer prevention / recovery
- Dynamic Daily Lectures

**Make  
Plans to  
Attend**

**July 22 thru  
July 26, 2010**



The Conference also includes the exclusive Regency Program that features:

- Interactive Q&A Sessions
- Raw and cooked Vegan food demos
- Daily Fitness Walks
- Ocean Aqua / Pool Classes
- Yoga, Pilates, Tai Chi
- Meditation / Relaxation Session
- Salsa / Belly Dancing classes
- Pampering Spa Treatments
- Evening Music / Entertainment
- 3 Delicious Vegetarian Meals daily
- Knowledge, Inner Peace
- Fun, Fun, Fun!

**DON'T MISS THIS IMPORTANT EVENT!!**

**\* ANNUAL HEALTHY LIVING CONFERENCE**

**A- Full Conference with Hotel Room: 4 Nights  
Plus 1 FREE Spa Service (\$75 Value per person)**

Includes Lectures, 3 Meals daily, Fitness, Yoga, Tai Chi, Pool Classes, Ocean Classes

**\$649** + tax dbl/occ. Reserved prior to May 30, 2010

**\$699** + tax dbl/occ. Reserved after May 30, 2010

**\$769** + tax single rate. Reserved prior to May 30, 2010

**\$819** + tax single rate. Reserved after May 30, 2010

**B- Extend your stay to 7 Nights and get  
Two FREE Spa Services (\$150 Value)**

Includes Full Conference, Lectures, 3 Meals daily, Fitness, Yoga, Tai Chi, Pool Classes, Ocean Classes

**\$1195** + tax dbl/occ. • **\$1395** + tax Single occ.

**C- Full Conference NO Hotel Room:**

**\$369** + tax. Reserved prior to May 30, 2010

**\$399** + tax. Reserved after May 30, 2010

Includes Lectures, 3 Meals daily, Fitness, Yoga, Tai Chi, Lockers, Day Lounge, Pool Classes

**D- Conference Day Program**

**\$99** per person/day + tax. Reserved prior to May 30, 2010

**\$129** per person/day + tax. Reserved after to May 30, 2010

Includes Lectures, 3 Meals daily, Fitness, Yoga, Tai Chi, Lockers, Day Lounge, Pool Classes