

women to women...



inviting a healthy conversation

Ask any woman... she'll likely tell you that her girlfriends play an essential role in her life. Our closest friends support us through life's ups and downs. They reflect our inner truths, challenge us to know ourselves more deeply, and encourage us to continually grow. While we all intuitively know that the bonds of sisterhood allow us to live better, more satisfying lives, science has now confirmed its importance for our wellbeing. Studies show that strong girl-friendships buffer life's struggles, and by extension, lower blood pressure, boost immunity, and promote healing.

Bambú Clinic's new program, *Women to Women*, promotes the power of this connection through a casual dialogue about health and lifestyle. In the comfort of your own home, Drs. Asmar, Senders or Karon-Flores will facilitate an inspiring conversation between you and the precious women in your life. Brew a cup of tea with us and spend an evening celebrating the laughter, support and wisdom of your girlfriends!

Bring questions about health and lifestyle or topics of discussion that interest you, such as:

- Fertility
- PMS
- Menopause
- Breast health
- Libido
- Osteoporosis
- Food intolerances
- Digestive health
- Motherhood
- Acute pediatric concerns
- Stress, anxiety, mood disorders

To reserve an evening for you and your inner circle, call the clinic at (503) 274-9360.