



Board Members

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Mothers For Tomorrow Chapter Presents: **Women's Health Lecture Series**

Women's Wellness & Balanced Nutrition For You and Your Family

Presented by: Sherly Shooshani Daneshgar, MS, RD,
Natasha Sedaghat, MS, RD &
Dr. Sheila Yafai Bolour, Internal Medicine & Women's Health

Date: Tuesday February 4, 2003, 9:30-11:30 am

Stress Management and Mental Well-being of Mother and Child

Presented by: P. David Leviadin, MD, Clinical Instructor, UCLA Anxiety Disorder Clinic &
Azadeh Bolour Afari, MA

Date: Tuesday February 18, 2003, 9:30-11:30 am

Parent Effective Training: The Right and Wrong Ways to Discipline and Speak with Children

Presented by: Monica Farasat, MFT

Date: Wednesday March 12, 2003, 9:30-11:30 am

Marriage & Family Issues: Effects of Children on Marriage, Sex, etc.

Presented by: Dorit Halavi Miller, PsyD & Margo Halavi Galdjie, PsyD

Date: Tuesday March 25, 2003, 9:30-11:30 am

***Place:* The Grand Recreation Room, 10445 Wilshire Blvd.
\$15.00 at the door per lecture or \$40.00 for entire lecture series**

For more information, please call Firoozeh Rahbar Bakshian at (310) 721-8282