



tosa yoga

C E N T E R

welcomes

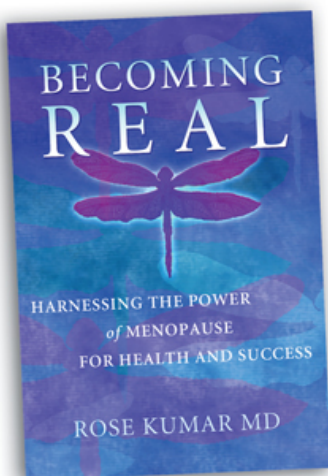


Kalpana (Rose) M. Kumar, M.D.

for a

**BOOK SIGNING
& INFORMATIONAL TALK**

TUESDAY, DECEMBER 3RD, 7:15-8PM



Please join us in welcoming Dr. Kalpana (Rose) M. Kumar to Tosa Yoga Center for a book signing of her work, *Becoming Real: Harnessing the Power of Menopause For Health And Success*. Dr. Kumar will also give an important informational talk about Women's Health and how to navigate through midlife naturally; bio-identical hormone use and her vision for where healthcare needs to transform in our society.

This is a FREE informational talk, but in exchange for attending, we simply ask that you recommend this book to 5 of your friends, suggest they buy it, and "Like" The Ommani Center's Facebook page. This will help The Ommani Center in its mission to keep health care costs down and seed a grass roots movement by women to reclaim Women's Health and empowerment.

Please register for this event online at TosaYoga.com/events, and purchase your copy of *Becoming Real: Harnessing the Power of Menopause For Health And Success* ahead of time online at <http://www.ommanicenter.com/bookstore>.

Kalpana (Rose) M. Kumar, M.D. is board-certified in internal medicine. She graduated from The Albert Einstein College of Medicine and completed her internship and residency in internal medicine at The University of California San Francisco and Stanford University Medical Center. Her groundbreaking integrative medical framework has facilitated true healing for thousands of patients over the past 20 years. She is the founder and medical director of The Ommani Center for Integrative Medicine in Pewaukee, Wisconsin. Dr. Kumar is an expert in the fields of Integrative Medicine, Women's Health and Executive Stress Reduction. She is a national speaker and health care consultant. She is a futurist and visionary who can offer innovative solutions to Women's Health and our current health care crisis.