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## New Physician Joins Rittenhouse Women's Wellness Center: Philadelphia



**Lauren O'Brien, M.D.**

The Rittenhouse Women's Wellness Center is excited to announce Dr. Lauren O'Brien joining our team of physicians.

She joins us from Hatboro Medical Associates where she practiced family medicine for the past 5 years. Patients describe her as professional and personable. She is currently accepting

new patients at the Rittenhouse Square location only.

To learn more about Lauren O'Brien, M.D., please visit 'About Our Physicians' under Internal Medicine of [www.rwwc.com](http://www.rwwc.com).

## New Psychologists Join Rittenhouse Women's Well



**Joan Kaplan, Ph.D.**

Joan Kaplan, Ph. D. is a licensed clinical psychologist with nearly twenty years of clinical experience. She helps patients coping with a variety of problems including anxiety, depression, stress, relationship issues as well as managing medical illness diagnoses & chronic illnesses and adjusting to other significant life and family transitions.

### **Marquita Bolden, LCSW**

Marquita Bolden, LCSW, is a Licensed Clinical Social Worker with over 5 years of experience in her field. She provides therapy for patients using cognitive behavioral modalities. Ms. Bolden has experience providing outpatient therapy to children, adolescents and adults from diverse populations. Mrs. Bolden is available at the Main Line office on Tuesdays from 8:00am-1:00pm.



## Botox & Juvederm Party at Rittenhouse & Main Line!

Botox and Juvederm Event - Space Limited!  
March 18th



DermaCenter Medical Spa at the Rittenhouse Women's Wellness Center would like to invite you to our Center for our popular injectable party! All procedures are physician performed.

Every guest will receive a personalized skincare consultation from one of our Physicians in the privacy of our Medical Spa. With **Botox** treatments your skin will look smoother in a few days, giving you a younger, fresher look. These procedures take only a few minutes and are followed by no down time and minimal discomfort.



Restore fullness to your cheekbones or lips, reduce the appearance of wrinkles, or smooth away smile lines, worry lines and fine lines with **Juvéderm™ Injectable**

**Filler.** Filler injections help to restore your youthful appearance with minimal recovery time. We use only Juvederm with lidocaine to minimize your discomfort.

We hope you can join us for this event! For more details and to RSVP, see below.

**Botox Details: \$80 for the first 10 units of Botox\*!**

The first 10 units of botox you receive are only \$80. Each additional unit over 10 units, is \$15.00 each.

**Juvederm Details: \$100 off each vial\***

Your first vial of Juvederm will cost only \$525.00 instead of the traditional \$625.00. Each additional vial after the first will be \$625.00 each.



### Event Info: Main Line

Monday, March 18th, 2013  
1:00pm - 3:00pm  
Rittenhouse Women's Wellness Center: **Main Line**  
915 Montgomery Avenue  
Narberth, PA 19072

### Event Info: Phila

Monday, March 18th, 2013  
4:00pm - 8:00pm  
Rittenhouse Women's Wellness Center: **Philadelphia**  
1632 Pine Street  
Philadelphia, PA 19103

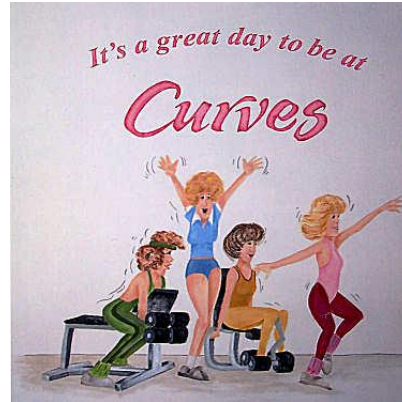
**Call now - Space is limited!**

\*Must sign up for Brilliant Distinction Program

## Exclusive Offer for Rittenhouse Women's Wellness Center Patients

**Try Curves for FREE for TWO WEEKS**  
**If you join, there is NO Registration Fee(\$100 value)**

At the Rittenhouse Women's Wellness Center, our patients and their health & well-being are very important to us. In order to show our appreciation to our patients, we have teamed up with Curves\* Narberth which offers our patients a FREE 14 day trial. If you decide to join Curves after your initial 14 day trial period, your initial membership fee is WAIVED!



\*Narberth Location only.

## Eat Right: Your Way, Every Day

By: Theresa Shank, RD  
Registered Dietitian at the Rittenhouse Women's Wellness Center

This month marks the time of the year when nutrition is celebrated nationally for one month. Yes, the month of March is national nutrition month! This year's theme is "Eat right, Your Way, Every Day". This theme encourages Americans to develop healthful eating plans for themselves that incorporate food choices and preferences based on their lifestyles, cultures and health needs. To learn more about National Nutrition Month, please visit the Nutrition Homepage of [www.rwwc.com](http://www.rwwc.com).



## What is Core Strength Training and Why Is It Important?

By: Andrea McCloskey, Personal Trainer  
at the Rittenhouse Women's Wellness Center



For the past few years, everyone has been talking about Core Strength Training. But, what is it and why is it important? You might have logged thousands of crunches in your

exercise history, and not gotten the results that you desired. You may have gotten results, but, when you engage the whole core, the results are so much better than a six pack. So, let's start by understanding the core. Please visit [www.rwwc.com](http://www.rwwc.com) to learn more about the importance of strength training.

## How to Reach Our Office By Phone

At the end of December, Rittenhouse Women's Wellness Center has switched over to a new phone system. It appears that some patients were calling and leaving messages on phone lines that we are no longer using. Please check that you are calling the correct number for our office.



We do apologize for any inconvenience and the issue has now been resolved. From this point forward, please call the following phone numbers to reach our in-house personnel.

### **Rittenhouse Square Location**

Rittenhouse Women's Wellness Center: [215-735-7992](tel:215-735-7992)

Rittenhouse Internal Medicine: [215-670-5843](tel:215-670-5843)

DermaCenter: [215-735-7990](tel:215-735-7990)

### **Main Line Location**

Rittenhouse Women's Wellness Center: Main Line [610-668-7992](tel:610-668-7992)

Rittenhouse Internal Medicine: Main Line [610-664-5843](tel:610-664-5843)

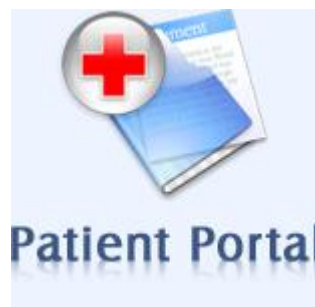
DermaCenter: Main Line [610-617-7990](tel:610-617-7990)

We appreciate your patience during this transition period.

## Request Your Portal Information Today!



Our patient portal recently changed so that you now will be able to view your labs, print your radiology prescriptions, reference your visit summary, schedule routine appointments, request prescription refills, request referrals and more.

To request your new patient portal login and password, please email [info@rwwc.com](mailto:info@rwwc.com).




## Follow Rittenhouse Women's Wellness Center and DermaCenter

All of our social media accounts provide information about our physicians, facility, healthy recipe ideas and more!!

Follow RWWC on  or 

Follow DermaCenter Medical Spa on  or 

Like RWWC on 

Like DermaCenter on 

## About Us

The Rittenhouse Women's Wellness Center provides Primary Care including routine gynecology, medical & aesthetic skin care, nutrition, fitness, and emotional well-being exclusively for women. Our goal is to provide our patients with an integrated approach to health and well-being.

