



The Rittenhouse Women's Wellness Center

Eating Right - Staying Fit - Embracing Wellness

September 2012

Issue #22

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Mark Your Calendar:
Our Botox and Juvederm Events are Back!
September 13th: Botox Party
September 20th: Juvederm Filler Party

BOTOX® Cosmetic Party: September 13th
Details: \$80 for the first 10 units*!

Each additional unit is \$15.00.

Event Info

Thursday, September 13th, 2012
3:00pm - 8:00pm
Rittenhouse Women's Wellness Center
1632 Pine Street
Philadelphia, PA 19103
Call now - Space is limited!



We will also be offering patients a chance to get a \$50 microdermabrasion or chemical peel before their botox treatment, if interested.

Juvederm Party: September 20th

Each attendee will receive \$100 off each vial of Juvederm*!!

Event Info

Thursday, September 20th, 2012
3:00pm-8:00pm
Rittenhouse Women's Wellness Center
1632 Pine Street
Philadelphia, PA 19103
Call now - Space is limited!
Please phone our office to RSVP, at (215) 735-7990



*Must sign up for Brilliant Distinctions program in order to receive discount.

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. We hope you can join us for both of these events!

Essential "to do's" for the Upcoming Months

By: Leslie Saltzman, D.O.
at the Rittenhouse Women's Wellness
Center

I love September, it reminds me of the excitement I felt as a kid at the start of every school year. As September begins, it's a great time to plan for the weeks and months ahead. For me that means planning the workouts and scheduling the doctor's appointments now.



What is essential?

- Vigorous aerobic exercise at least 75 minutes weekly plus weight strengthening twice weekly
- Annual physical
- Flu shot
- Tetanus Booster (every 10 years)

Please visit our Wellness Blog at www.rwwc.com to learn what other items are essential for the upcoming months.

Nutrient Label Claims

By: Christina Ushler, RD
Registered Dietitian at the Rittenhouse Women's Wellness Center

Nutrient claims are statements found on food packages that help to quantify the amount of a particular food component, such as calories, sodium and cholesterol. The Food and Drug Administration (FDA) inspects the foods and evaluates which statements are valid. It is important to remember that focusing on a particular nutrient should not be the intention of consumers in

maintaining a healthy balance. Celebrating and criticizing particular nutrients takes us away from our need to eat whole and natural foods as nature provides. The ingredient list should be the center of attention on a nutrition facts label.

A close-up photograph of a nutrition facts label. The label is tilted and shows the following information:

Polysaturated	0%	13%
Monounsaturated	10%	14%
Cholesterol 0mg	8%	14%
Sodium 240mg	8%	14%
Potassium 280mg	14%	16%
Total Carbohydrate 43g	20%	20%
Dietary Fiber 5g		
Sugars 19g		
Other Carbohydrate 19g		
Protein 4g		
Vitamin A		
Vitamin C		

To read more about nutrient labels please visit our Wellness Blog at www.rwwc.com.

Flu Vaccines Now Available

We now have the 2012-2013 influenza vaccine available. Please call the office to schedule your immunization. Rebecca, Maria, or Nicole, our Medical Assistants, will be giving immunizations six days a week.

Please phone our office to schedule your next appointment , (215) 735-7992, ext. '0'



Other Events

September 19th 9:00am -5:00pm \$65 Microdermabrasion or Chemical Peel *

Relax with an exfoliating skin care treatment from DermaCenter Medical Spa. Your choice of one \$65 microdermabrasion or chemical peel exclusively on September 19th. Our signature line of services has been designed to give you the most effective results.

Call now - Space is limited!

Event Info

Wednesday, September 19th, 2012
9:00am - 5:00pm
Rittenhouse Women's Wellness Center
1632 Pine Street
Philadelphia, PA 19103
Call now - Space is limited!
RSVP to (215) 735-7990.

*Choice of one microdermabrasion OR chemical peel.



Philadelphia's Premier Health & Wellness Event

On October 21st, 2012, Rittenhouse Women's Wellness Center will be participating in the Forever Young Health & Wellness Event. Learn how to eat better, get more active, and make lifestyle changes to achieve physical and mental well-being. Your healthier and happier life starts here!

To learn more about Forever Young Health & Wellness Event, you may visit our Wellness Blog at www.rwwc.com, or phone our office for more information.

**Patient Portal now available for:
secure emails, referral and
Rx refill requests.**



**Please email info@rwwc.com to request
your patient portal user name and
password.**

About Us

The Rittenhouse Women's Wellness Center provides Internal Medicine, Nutrition, Fitness, Emotional Well-Being and Medical & Aesthetic Skin Care Services for women. Our goal is to provide our patients with an integrated approach to health and well-being.

