



You are invited to a  
Millburn-Short Hills Chamber of Commerce  
**Lunch & Learn**

**"YOUR PERSONAL BEST:  
HOW TO LIVE YOUNGER & BECOME MORE PRODUCTIVE "**

SPEAKER: Lorraine Maita, M.D.

WHEN: Wednesday, December 2, 2009 - 12:00 noon—1:30 p.m.

WHERE: Basilico Restaurant, 324 Millburn Ave., Millburn

COST: \$30.00 (limited to 35 people)

**Please join us & learn:**

- \* **The secrets behind high performance and optimum health**
- \* **How to maintain the strength, energy and clarity of your youth**
- \* **What's aging you and how we age**

Dr. Lorraine Maita, a physician based in Short Hills, NJ, has more than 18 years experience in preventative health and wellness. A motivational speaker, Dr. Maita inspires people to live *younger* by preventing and slowing degenerative diseases of aging. Dr. Maita served as VP/Chief Medical Officer at Prudential Financial; Medical Director on the Pfizer Health Leadership Team and Medical Director of North America for Johnson & Johnson Global Health Services.

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**R.S.V.P. By November 30th** to 973-379-1198 or fax: 973-376-5678

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