

# BEL-AIR VIEW

HERE'S TO YOUR HEALTH:  
We've Convened A Panel  
Just For This Purpose

INSIDE:

STEERING CLEAR:

NEW DRIVING LAWS FOR 2007

THE BILLY WILDER THEATER GETS A MAKEOVER

TEST RIDE A NEW JAGUAR

# Bringing Out Your Best in 2007

**W**e are always seeking motivation, insight, inspiration and new information on how to better ourselves. On February 21, you will have the opportunity to meet with and learn from a distinguished group of experts at the top of their field.

During this panel discussion, guests will gain exposure to one of Los Angeles' most sought-out nutritionists, consult with a celebrity fitness trainer and receive insider tips on getting into your best shape ever, hear about the latest cutting edge technology being practiced in the fields of plastic surgery and dermatology, learn what "Soul Blazing" is all about and discover the true healing powers of tea.

Our panel of speakers will share and demonstrate their latest innovative techniques to help you become the best person you can be.

## The Westside Today Speaker Series is Proud to Present:

### The Wellness, Health and Beauty Panel

Wednesday, February 21, 2007

The Luxe Hotel Sunset Boulevard

11461 Sunset Boulevard, LA, CA 90049

Check-in and VIP Reception:

6:30pm - 7:30pm

Speaking Engagement:

7:30pm - 8:30pm

Guests will have an opportunity to ask questions following the speaking engagement and meet the speakers in person.

#### MEET THE EXPERTS:

1. Dr. Glynis Ablon
2. Dr. Andre Aboolian
3. Lisa Haisha
4. Alyse Levine
5. Christel Smith
6. Dr. Tea

Tickets will be sold prior to the event for:

**\$15.00** (General Admission)

**\$25.00** (Admission to event and VIP Reception)

For more information and to reserve space please contact Cobalt Events: 310-584-1989 or [jennifer@cobalthevents.com](mailto:jennifer@cobalthevents.com)

All of our guests will receive a wellness gift bag.



Tea Bar sponsored by  
the Tea Garden  
[www.teagarden.com](http://www.teagarden.com)

#### DR. GLYNIS ABLON

A practicing dermatologist and cosmetic surgeon, an assistant clinical professor at UCLA, Dr. Glynis Ablon is also a published author, researcher, and frequent medical consultant seen on ABC, CBS, E! Entertainment and Lifetime Television. Her practice offers everything from cellulite-smoothing Endermologie to the newest wrinkle fillers, but her favorite anti-aging tool is the Sciton long-pulse erbium laser. In only three sessions spaced a month apart, it zaps sun damage (red and brown spots, wrinkles and fine lines) and restores skin to its youthful self. Dr. Ablon also favors the Titan, a laser-like and relatively painless device that firms the face by laying down new collagen. She is conducting research on Mesotherapy, which (if it turns out to melt fat) could be the veritable Holy Grail. As a fellow of the American Academy of Dermatology, American Society for Dermatologic Surgery, American Academy of Liposuction Surgery, and the American Society for Laser Medicine and Surgery, Dr. Ablon publishes and presents her research internationally. She performs her trademark Liposhaping and Thermaphoto procedures, and will update us on the newest treatments available for periorbital (eye) rejuvenation focusing on non-invasive ways to like a younger you. She is director of Ablon Skin Institute in Manhattan Beach, California and you can find out more about her and her work at [www.abloninstitute.com](http://www.abloninstitute.com).

#### DR. ANDRE ABOOLIAN

Dr. Andre Aboolian is one of the world's leading plastic surgeons. He received his general surgical training at The Mount Sinai School of Medicine in New York, and Plastic and Reconstructive surgical training at the legendary MD Anderson Cancer Center at the University of Texas in Houston. He joined the fabled practice of internationally respected plastic surgeon, Dr. Garth Fisher in Beverly Hills, California, where he was able to refine his skills, enhance his techniques, and participate in assisting Dr. Fisher in ABC's blockbuster reality television show "Extreme Makeover." Dr. Aboolian balances the rare qualities of gifted surgical skills with a soft-spoken charismatic demeanor that immediately creates patient comfort and confidence. His mantra is simplistic: it is the patient that is most important. Visit [www.andreaboolian.com](http://www.andreaboolian.com) for more information.

#### LISA HAISHA

Lisa Haisha is a global adventurer, author and transformational coach. Over the last two decades, she has traveled to over 50 countries ... meeting and interacting with an incredible range of people. Equally at ease in a king's palace or a nomad's tent, she has traveled in private jets and atop camels. Lisa works to improve people's lives using a unique transformational therapy she calls "Soul Blazing." Currently dividing her time between her home in Los Angeles and various off-the-beaten-path corners of the world, this world traveler with a visionary's insight can be "tracked" by going to [www.lisahaisha.com](http://www.lisahaisha.com)

#### ALYSE LEVINE

Alyse Levine, who holds the degrees of M.S., R.D. and C.D.N., is a Los Angeles-based nutritionist specializing in weight management, sports nutrition, cardiovascular disease, renal disease and preventive nutrition. Through her private practice, she offers individualized nutrition counseling as well as MedGem resting metabolic rate tests, email/phone consultations and personalized grocery store tours. She also provides private nutrition lectures, contract services and maintains a website with a wealth of nutrition information that conveys her unique approach to the field. Her client roster includes: NIKE, Arrowhead Water, Subway restaurants, RYKA Fitness Apparel, Jack Rabbit Fitness, Weight Watchers, com, NYU Hassenfeld Pediatric Oncology/Hematology Clinic and Mount Sinai Out-Patient Pediatric Hemophilia Clinic. She is a regular contributor to MAXIM magazine, and has appeared in numerous publications that include: In Touch, Marie Claire, and Polo.com. For more information about Alyse's background, philosophy and services offered please visit [www.nutritionbite.com](http://www.nutritionbite.com).

#### CHRISTEL SMITH

Born in South Africa, Christel Smith is a Los Angeles-based personal trainer. Her background as a television fitness host, and her appearances in various film and television roles, have given her a unique understanding of the pressures of Hollywood. She combines this knowledge with years of choreography and dance training and a strong athletic background. Her clients, who include numerous Hollywood executives and stars as well as CEO's and housewives, consider her to be an inspirational motivator. Christel is familiar with getting clients in shape to meet deadlines. Among her many high profile training experiences is one that involved her being sent to Beijing to help Uma Thurman get into fighting shape for Quentin Tarantino's film, "Kill Bill". Her repertoire of training strategies is geared to the client's specific needs and includes yoga, weight training, martial arts, Pilates and various forms of cardiovascular training. Christel is a fitness contributor to various health publications and websites including FITNESS, SHAPE, ZEST and the BRENTWOOD NEWS. She is coauthor of The A-LIST WORK OUT.

#### DR. TEA

Mark "Dr Tea" Ukra is a humanitarian looking to improve the lives and well being of the many overworked, stuck-in-traffic, stressed-out Americans through the centuries-old-but-still au courant remedy of tea. He speaks for tea like a doctor speaks about medicine ... and health savvy consumers are starting to listen. They consider his information to be highly credible and respect him enough to call him "Dr. Tea". Dr. Tea is Hollywood's new go-to guru to the stars who can put a wayward life or two back on track. As one of the country's leading experts on Asian teas and herbal tonics, and proprietor of the Tea Garden & Herbal Emporium in Los Angeles, his life ambition has been to teach and enlighten through the integration of the mind, body and soul with a healthy lifestyle. Tea is the second most consumed beverage in the world behind water, but in the United States, tea is only sixth. Dr. Tea hopes to change that. Go "read the tea leaves" at [www.teagarden.com](http://www.teagarden.com)

