



Tigerlily Foundation (Tigerlily) is Pleased to Announce That It Will be Hosting Dr. Jeffrey Spencer as a Guest Speaker for Its Womens Health Seminar (WHS) Monthly Event

Women's Health Seminars, a program of the Tigerlily Foundation brings you Dr. Jeffrey Spencer on its June 19th conference call, focusing on maintaining optimal health.

Reston, VA, June 12, 2008 --(PR.com)-- Hosted by Maimah Karmo, President of Tigerlily Foundation, breast cancer activist, author and speaker; and Fran Harris, author, transformational speaker, entrepreneur, and “inpowerment” expert, WHS brings health experts to you.

With a commitment to being a global women's health information provider and forum, Tigerlily Foundation's WHS monthly conference calls bring important health knowledge straight to the “consumer” - wherever you are in the world. These educational and empowering calls provide health knowledge that puts women in the driver's seat when it comes to their health.

Their June 19th call focuses on how to maintain optimal health. Their expert this month is Dr. Jeffrey Spencer, author of Turn it Up!: How to Perform at Your Highest Level for a Lifetime (June 2008, HCI Books). Dr. Spencer is a former Olympic cyclist and "Sports Chiropractor of the Year" in 2004.

He has worked with many of the world's most successful individuals, including Lance Armstrong, to arrive at and remain at the top of their game. He has worked with PGA, WTA and NASCAR winners, a World Series MVP, rock legends, ultra-successful businesspeople, and NFL, and MLB athletes, as well as Motocross and Formula 1 drivers. Dr. Spencer also had the distinction of being a staff member of the United States Postal Service and Discovery Channel Professional Cycling Teams winning an unprecedented eight Tours de France. Having worked with top athletes, he engages his clients to develop the mindset, strategic plan, and physical capacity to be consistent top performers.

Dr. Spencer brings this knowledge and expertise to you on their June 19th conference call. Join them on June 19, 2008, at 8:00 EST to learn:

- How to think like a top performer
- The best and worst fitness and health (emotional and physical) advice--how to decipher
- How to create your best personal and work environments--your house may be the most polluted environment of all.

To register for their upcoming conference call on June 19th, at 8:00 p.m. EST, visit www.womenshealthseminars.com.

Tigerlily's founder, Maimah Karmo, is “excited about the how our Women's Health Seminars program is impacting women and empowering them to harness their personal power when it comes to their health. We look forward to educating women and inspiring them to achieve new heights!”



A sought after speaker, writer, breast cancer and women's rights advocate, Ms. Karmo is committed to advocating for breast cancer awareness, educating women (and men) around the world about health issues; and empowering them to celebrate their lives every day by harnessing their personal power.

Tigerlily's programs provide education, awareness, advocacy and hands-on support for women affected by breast cancer. Tigerlily's programs provide chemotherapy buddy support, group meetings for survivors, raise funds for people in need of financial aid, and offer beauty and pampering services to women undergoing treatment. Tigerlily is also particularly dedicated to helping those in underserved communities and minorities.

To learn more about Tigerlily, visit their website.

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