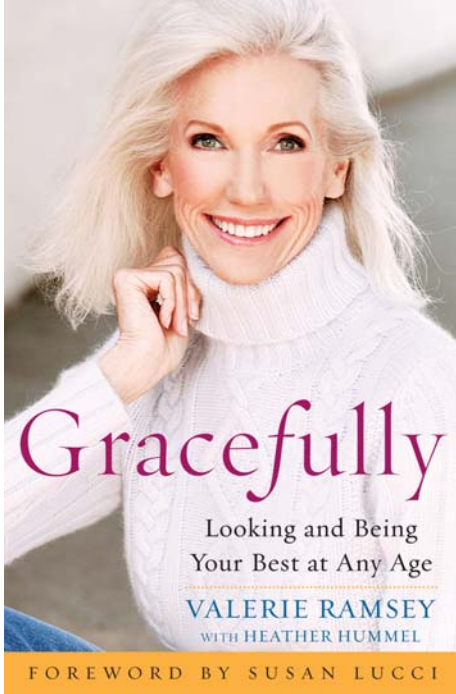




DERMATOLOGY & WELLNESS, INC.



FOR IMMEDIATE RELEASE – July 23, 2008

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**LOCAL AUTHOR OF BEST-SELLING
GRACEFULLY, HEALTHCARE EXPERT
SHARE SECRETS FOR GRACEFUL
AGING**

**What: BOOK SIGNING with Dr. Arlene
Noodleman, Healthy Aging Expert and Co-
Medical Director of Age Defy Dermatology
and Valerie Ramsey, author of bestseller
*Gracefully: Looking and Being Your Best at
Any Age***

When: Thursday, August 21st, 3:00-4:30 pm

Where: Age Defy at The Spa at Pebble Beach™, 1518 Cypress Drive, Pebble Beach

Background:

Valerie Ramsey, local resident and author of the Amazon bestseller *Gracefully: Looking and Being Your Best at Any Age* joins Dr. Arlene Noodleman, the Bay Area healthy aging specialist featured in the book, for an exclusive book-signing event and discussion. Dr. Noodleman and Ramsey will share how people can enhance health, appearance and well-being to help themselves *Look and Live Well*.

Dr. Arlene Noodleman, medical director of Complementary Medicine at Age Defy Dermatology & Wellness™ of Silicon Valley and Pebble Beach and an expert in stress reduction and lifestyle behavioral change, helps people look and live well at any age. Dr. Noodleman's integrative, healing-oriented approach to aging helps patients delay the onset of chronic health problems for as long as possible. Her expert advice can now be found in the bestselling book *Gracefully - Looking and Being Your Best at Any Age*, published by McGraw Hill.

Authored by Valerie Ramsey, *Gracefully* tells the inspiring story of how Ramsey, 68, mother of six, grandmother of eight and cancer survivor, became a corporate executive at the Pebble Beach Company in her fifties and famous fashion model in her sixties. Ramsey shares their approach to healthy aging by making changes to achieve a balanced, healthier life.

3803 S. Bascom Ave. Suite 200, Campbell; 1518 Cypress Drive, Pebble Beach

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About Age Defy Dermatology & Wellness™ and Arlene Noodleman, M.D., M.P.H.

Age Defy Dermatology And Wellness™, located in Silicon Valley and Pebble Beach, is Northern California's premier cosmetic dermatology and complementary medicine center. Medical Directors Drs. Rick and Arlene Noodleman offer an integrated approach to healthy aging, ranging from cosmetic surgery to integrative medicine. All are designed to help patients *Look and Live Well*. The Drs. Noodleman created and launched the Revercel® skin care and nutraceutical product line in 2000 for patients to enhance and maintain their results at home.

Dr. Arlene Noodleman is a board-certified preventive medicine physician who has been in senior management at several Bay Area bio-pharmaceutical companies. In addition to her role as Medical Director of Complementary Medicine, Dr. Noodleman is CEO of both Age Defy Dermatology & Wellness™ and Revercel LLC. She holds B.S. and M.D. degrees from the University of Minnesota, a Master's degree in Public Health (M.P.H.) from the University of California-Berkeley and also served a fellowship at Duke University Medical Center.

To learn more, visit www.agedefy.com, www.revercel.com or call 877-AGE-DEFY.

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