

# AWAKENING YOUR LEGACY

BIG IDEAS AND RICH CONVERSATIONS  
WITH NORTH BAY WOMEN



*We live in a remarkable time. It is a time for big, bold ideas about possibilities. It is a time where one person, one partnership, one idea can make a difference. It is a time to engage in conversations about visions that light up our own lives and inspire a brighter future for our world.*

In 2010, we will host nine Awakening Your Legacy evening events with women. You will have direct access to Bay Area thought leaders and innovators who are passionate about something that became their personal destiny. We pair this with compelling conversations with other North Bay women around intimate tables at the beautiful Ramekins Culinary School in Sonoma (<http://www.ramekins.com>).

Each month we will enjoy a simple, freshly prepared supper by our Ramekins chef and experience an unforgettable encounter with our speaker. Each speaker's story reveals how action transformed the speaker's own life and contributed to the greater good in vital areas like sustainability, health, new business models, and education.

We will then engage in thoughtful conversations to discover and support the fresh ideas and longings we perhaps didn't even know we had. We will dive into the questions of how we might give our energy and attention so that our life imprint both fills our personal cup and ignites our greatest contribution to the world.

With each event, we will create fertile ground for big ideas to stir and awaken so that each of us can move toward our own unique legacy.

To take part in this spirited initiative, email [sonomabigideas@gmail.com](mailto:sonomabigideas@gmail.com) or call Carole Peccorini and Chalon Bridges at 707-996-2167.



**A mother-daughter venture inspiring many women to discover their personal legacy and share it with the world.**

Chalon is a publisher and enjoys sparking a passion for learning in the next generation. Sonoma mom of two, Sam and Lucy.

Carole offers science and arts background to inspire women to open up the vision of their lives and apply new choices under all circumstances.



# SAVE THE DATES

**4TH WEDNESDAY EVENINGS**

**6:00 – 9:15 PM**

FEBRUARY 24

MARCH 24

APRIL 28

MAY 26

JUNE 23

JULY 28

AUGUST 25

SEPTEMBER 22

OCTOBER 27

**CO-LEADERS**

**Carole Peccorini RN, MA  
and Chalon Bridges**



*We have set a chair at the table for you.*

# AWAKENING YOUR LEGACY

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**WEDNESDAY EVENING, MARCH 24**

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**SPEAKER, LEN SAPUTO, MD**  
**HEALTH MEDICINE AND RETURN TO HEALING**

FOLLOWED BY RICH TABLE CONVERSATIONS

**5:45 – 6:30 PM • ARRIVAL AND CASH BAR**

**6:30 – 7:15 PM • SUPPER**

**7:15– 9:30 PM • PROGRAM AND CLOSURE**

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**RAMEKINS CULINARY SCHOOL AND INN**  
**450 WEST SPAIN STREET, SONOMA**

**PRIX \$60**

**Advanced Registration Only - Deadline Monday, March 15**

**Checks Payable To: Carole Peccorini, Sonoma Big Ideas**

**Mail To: 18398 Riverside Drive, Sonoma, CA 95476**

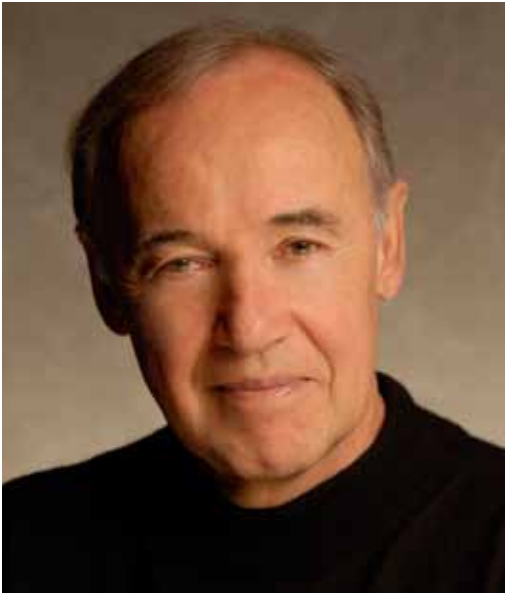
**Register online at <http://sonomabigideas.blogspot.com>**

*Ramekins is providing a gift certificate for cooking classes for two at each event.*

*Drawing will take place following dinner and winner must be present.*

*No refunds. Cancellation a full 4 days in advance will be applied to the next month's event.*

*For information, contact Carole Peccorini and Chalon Bridges at  
(707) 996-2167 or email [sonomabigideas@gmail.com](mailto:sonomabigideas@gmail.com)*



*Len Saputo, MD, was inspired to change how he thought about health and healing when he was faced with solving his wife Vicki's life-threatening illness. It marked a turning point in his medical career. His practice would never be the same. In his book, **Return to Healing**, Dr. Saputo writes, "Today, my bottom line is simple: Medicine should be about healing."*

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Pursuing this vision, Len discovered his true life's purpose of improving the way medicine is practiced and promoting healthy living. He finds it heartbreaking to see far too many people sick in all age groups in spite of astronomical costs of our current system. "It doesn't have to be this way," notes Dr. Saputo.

In his quest for another way, he founded the Health Medicine Center in Walnut Creek where he has been experimenting with new approaches to creating a financially sustainable practice focused on what he calls "Health Medicine." Patients and families are part of their health care team which includes professionals from many healing traditions along with Dr. Saputo. The approach is holistic and preventive in focus.

He also pioneered a non profit education foundation, The Health Medicine Forum, devoted to professional and public

education on integrative medicine, the nature of healing and a vision for change.

Len believes in community action and has spearheaded an initiative called WellnessCitiesChallenge.org. This grassroots effort has negotiated with restaurants, schools and hospitals to serve healthy, fresh foods with adequate fiber and no high fructose corn syrup or trans-fats.

A 1965 graduate of Duke University Medical School, Dr. Saputo is board certified in internal medicine. For 40 years he has been a practicing physician in affiliation with John Muir Medical Center in the East Bay.

His remarkable book, **Return to Healing**, is available for purchase online at <http://www.aReturnToHealing.com>

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*Check <http://sonomabigideas.blogspot.com> for a list of all upcoming events and speakers.*

