



# Ann E. Stanger, MD

Specializing in Longevity Medicine and Natural Hormone Therapy



December 2008

We are excited to announce that we have a light unit for improved vitamin D levels. This is a stand-up UVA and UVB light system. You can chase away the winter blues and increase your general health by increasing your vitamin D level in just 10 minutes twice a week in the light.

You can come in anytime between 8 am and 6 pm Monday through Thursday to stand in front of the lights. We have packages available and the cost is \$0.50 per min.

Call if you have questions or would like to arrange a time to get started. Appointments are not necessary once you are comfortable with the process.

Sincerely,

Ann E. Stanger, MD