

Focus on Men's Health

Bring your friends and learn how to focus on your health from an experienced medical professional.

Topics vary monthly.

Monday, March 14, 6:30 p.m.:
"Addressing the Bottom Line"

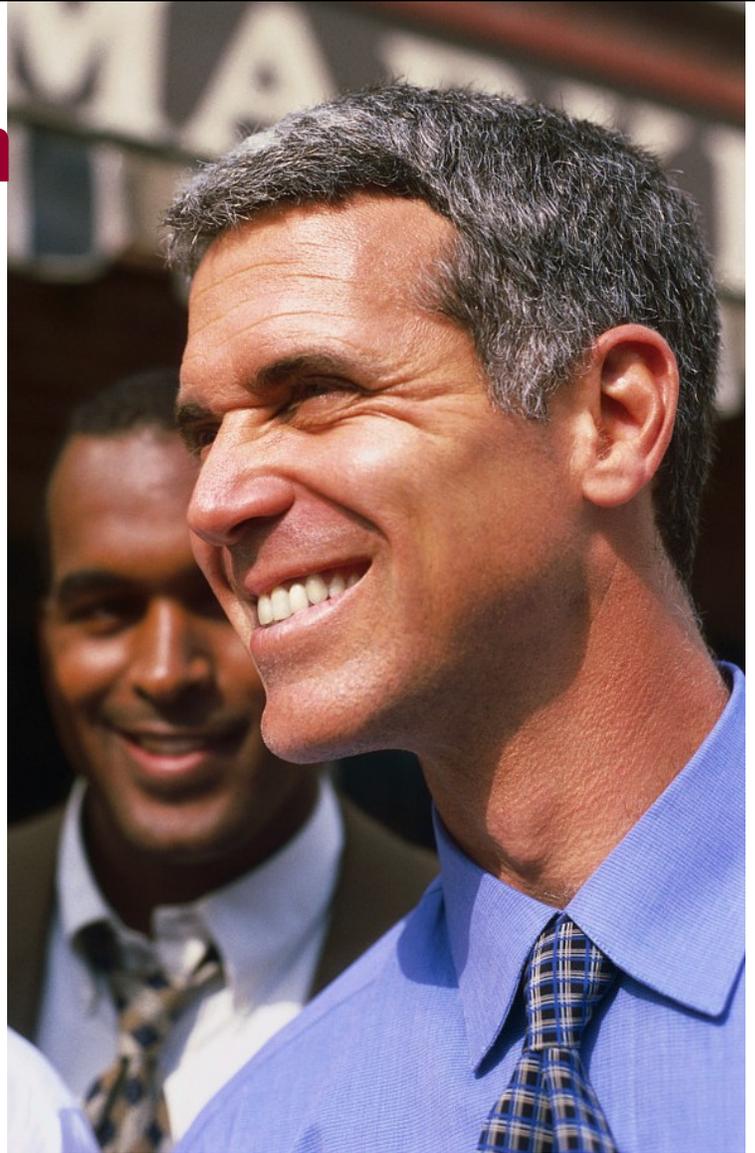
Anthony Macaluso, M.D., will discuss colon health. Learn about preventive measures to prevent this disease, factors that you can change in your life to help lower your risk of colon cancer, and diagnostic tests used to detect this disease.

Monday, April 11th 6:30 p.m.:
"Dem BonesThe Knee Bone's connected to the.....Bone"

Bones and joints....so important in our lives, yet so prone to injury and wear and tear. Join us as Dr. Michael Taba; orthopedic surgeon on staff at The Medical Center of Plano gives us tips to help maintain healthy bone and joint health. He will also discuss the Knee and the many types of surgeries that are available for repairing and replacing this very special joint. Those bones are all connected....it is necessary to take care of each one as we age, so that we can maintain our flexibility and mobility.

Monday, May 9th 6:30 p.m. *"Get Smart, Grill for the Heart"*

Chef Miguel from The Medical Center of Plano, and Nicole Bullock, Manager of Food and Nutrition Services at the hospital, will join together to present a program aimed at helping you stay healthy all summer long! Chef Miguel, who trained with Wolfgang Puck, will share his special barbeque menus and his tips for making that barbeque fun and easy. Nicole, a registered dietitian, joins Chef Miguel to make sure that it all stays healthy!!Nicole will talk about the sides that we can prepare for our barbeque that will be healthy and "heart" appealing. Learn how to barbeque "heart healthy" from this fabulous team at The Medical Center of Plano.



Stay informed with the most up-to-date information on men's health.

Join us at 3901 W. 15th St.,
2nd Floor Classrooms 1 & 2



The Medical Center of Plano

For more information or to register, call 214.473.7317