

Spirited Women

**Catch the Spirit with these special events!
Bldg. 3 Auditorium, Suite 315, 6:30 p.m.**

Monday, March 14: "Picture a Life with Less Pain"

Learn about mysterious pain and the various autoimmune disorders that maybe causing some of this pain. Dr Nie Phan will discuss lupus, chronic fatigue syndrome, fibromyalgia, and other problems that might be responsible for some of the pain you are experiencing. We'll also honor the Irish this month as we learn their tradition of tea. Lynn Kubic will lead us in a tai chi exercise, a helpful exercise in reducing pain.

April 11th, 2011: "To Plant or Implant"

Join us as Dr. Jason Pavelka visits the monthly Spirited Women meeting to give us all the information we need about good oral health and dental implants. A healthy mouth is of prime importance as we age, and it is important to keep regular checkups and appointments with your dental provider. Dr. Pavelka is an oral surgeon on staff at The Medical Center of Plano, and will also give us information about dental implants. Following Dr. Pavelka's presentation, a representative from Calloway's Nursery will explain to us the important facts we need to know in choosing our summer garden.

Saturday, May 7th, 10:30 a.m. until 3:00 p.m.

"Bring Your Mom to Brunch....and Keep Her Healthy, Too"!

As we begin to celebrate National Women's Health Week, we invite you to bring your mother (and grandmother, and aunt, and sister, and cousin, and daughter) to The Medical Center of Plano, where we will be celebrating women and their health.

Arrive early and take advantage of the many health screenings that will be available that day. WomensLink Diagnostic Center will be open for screening mammograms. Bone density screenings, P.A.D. screenings, blood pressure screening, and glucose screening will also be available in the WomensLink Diagnostic area.

May 9th, 2011: "Girlfriends, Giggles, and Gambling"---- Don't Gamble on Your Health"

Good Health is something that none of us should gamble with! The importance of routine physician visits, routine screening tests and knowing the important facts of preventive health care will be discussed by Dr. Cindy Hartley on staff at The Medical Center of Plano. May 9th is National Women's Health Screening Day, so we invite you to join us for an informative presentation and then "gamble" with your girlfriends at our Casino Party for Girlfriends! Don't forget to schedule your annual screening mammogram for this day, as we will be celebrating another "Midnight Mammo Marathon" in WomensLink Diagnostic Center. Dr. Warrett Kennard will also be present to do thyroid screenings.

May 9th, 2011, 8 a.m. until midnight: "Midnight Mammo Marathon"

WomensLink Diagnostic Center will be open from 8 a.m. until midnight on Monday, May 9th to help celebrate National Women's Health Day. Schedule ahead of time at 972-612-6500 for your annual screening mammogram. Relax, pamper yourself, and gain valuable health information in the waiting area of our WomensLink Diagnostic Center as you take an important step to make your life healthier. Refreshments will be served and pampering will be PLENTIFUL! Visit us before or after the evening program, "Girlfriends, Giggles, and Gambling"!



Spirit of
Women.



The Medical
Center of Plano

For more information or to register,
Call 214.473.7317 or visit
themedicalcenterofplano.com/spiritedwomen
Or email mcpl.mcpl-womens@hcahealthcare.com