

It's your time!

A women's health event

You are invited to a free health fair and screening event. Hear from our panel of physician speakers and learn about proactive steps to staying healthy.

Wednesday, May 11, 2011

**Texas Health Presbyterian Hospital Dallas
Fogelson Forum**

5:00 PM - 6:30 PM
Screenings and Health Fair

6:30 PM - 8:00 PM
Physician Panel and Q&A

Refreshments and a light dinner will be served.

PHYSICIAN TOPICS

- Menopause and hormone replacement therapy
- Breast health
- Exercise and nutrition at each life stage
- Managing stress
- Heart health in women

HEALTH FAIR BOOTH TOPICS

- Coping with stress
- Nutrition for your life stage
- Staying fit in your 20's, 30's, 40's, 50's, 60's, and beyond
- Heart health
- Colorectal, breast, and gynecologic cancer

SCREENINGS

Blood pressure – Bone density – Sign up for mammograms
Screenings are first come, first served. Door prizes, including a spa package, will be drawn.

Space is limited at this free event, so call 1-877-THR-WELL or visit www.texashealth.org/advances to register and reserve your spot!



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