



**Looking for
something FREE & FUN
to do with your
middle school aged
daughter?**

Learn **together** how to take
charge of your lives in a way
that is informative & fun!

Spirit girls

& mom's too!

July 17th "It's All About The Genes"

Annette Patterson, Genetic Counselor, at The Medical Center of Plano will join Spirit Girls so that together we can explore the exciting world of Genetics. We will learn how our genes make us unique, what our genes control, and how our genes can affect our health in the future. She will also explain the importance of our family tree, and why it is important to track our family medical history so we can reduce the risk

August 15th to 19th "Spirit Camp"

Join us at The Shops at Willow Bend daily from 2-4 for an afternoon of education and Fun! Topics vary daily, and there will be fun activities for both mom & daughter each day! Pre-registration is required, and special details are needed to attend this event, so please call 972.519.1251!

August 21st "Prep School"

As any good student knows, it's best to be prepared for the new school year, so let's make sure we're ready to start the school year off with a bang! Barbara Fraser, LPC, from the WomensLink Support Services will start us off by discussing some helpful tips for starting the new school year off right. Following this discussion will be a Mini Health Fair just for Tweens & moms! We'll learn about the must do hair-styles, how to make a healthy lunch, health screenings such as scoliosis, vision, and hearing will be offered. Together, let's make sure your put your best (& healthiest) foot forward this school year!

The **3rd Sunday of every month**
at 2:00 pm is the time for the two
of you to get together



at
**The Medical
Center of Plano**

For more information or to register:

call 214.473.7317 or

Email mcpl-seminars@hcahealthcare.com

Located in the Auditorium 4001 W. 15th St. Building III, Ste. 315