"Our Family, Taking Care Of Your Family"

Clark Gardens Botanical Park
"Live Your Best Life Outdoors,

Clark Gardens BOTANICAL PARK

Proudly Presenting
Health Forum for Women and Men
A New Decade — A New You

May 15th @ 7:30 — 4:00 Clark Gardens

Speakers:

Dr. Karen Birdy - Bio-Identical Hormone Replacement for Men & Women
Dr. Gail Brothers/Braun - It's Your Time For Mental Health
Dr. Jay Puppala - Heart Health
Clark Gardens Garden Club Member - Sustainable Gardening
Michael Anderson - Conscious Living...Gentle Approach to Fitness

Free Lab Work—7:30 - 8:30
Complete Blood Count, Glucose, Lipid Profile, PSA, TSH Recommend Only Water Intake After Midnight Before Test

Blood Pressure Checks

- Air fresheners - Brandi Lee
- Amway - Kassie Amos
- Beijo Bags - Amy Ringo Lane
- Healthline Medical - Kathy Foster
- Jens Jewls - Jennifer Barbare
- Massage Therapy - Sylvia Saucedo
- Monograming - Lela & Sharon
- Pampered Chef - Chris Lee

8:30 - 9:30
Stroll through the Garden

Event Location:
Clark Garden Botanical Park
567 Maddus Rd
Weatherford Texas

Cut and Complete form Send check or Money order for $15
To: Palo Pinto General Hospital 400 SW 25th Ave Mineral Wells Texas 76067 Attn: Mary Howell
For questions call Carolyn Holt 328-6219 cholt@ppgh.com or
Mary Howell 328-6505 mhowell@ppgh.com ($15 includes sack lunch)

Name _____ Address _____ Phone _____

E-Mail _____

Limited Seating Available

DEADLINE TO REGISTER April 27, 2010