

To Your Health



At the Powell Branch Library

All presentations begin at
Noon & include **FREE LUNCH**

Monday, Aug. 22



5 Wishes

(A simple way to make sure your loved ones know your advanced directives)

Tami Lineback
Staff Educator



Tuesday, Aug. 23



Minimally Invasive GYN Surgery
(Learn about the latest advancements in laparoscopic GYN Surgery)

Dr. Roger Brecheen
OB/GYN



Wednesday, Aug. 24

Osteoporosis
(Prevention & Treatment)



Dr. Jeffrey Zuckerman
Radiologist



Thursday, Aug. 25



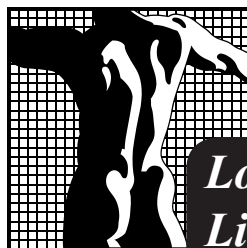
Cooking To Good Health
(Healthy food offers many health benefits)

Juanita Wulf, RD &
Katy Asay, RD
Registered Dieticians



Friday, Aug. 26

Taking It To The Core
(Core strengthening & toning for all ages - Preventing back pain & injury)



Lou Kirkham, PT
Licensed Physical
Therapist, Massage Therapist

