MEETINGS 2013

• Saturday, March 9
  Time: 9:45-10:45 a.m.
  (Stretches at 9:30 a.m.)
  Speaker: Shubha Bhat, M.D., (Baylor Family
  Health Center at Richardson).
  Program: A slide presentation, "Osteoporosis".
  Place: Methodist Richardson Medical Center, 2821
  E. Pres. Geo. Bush Turnpike, Richardson, 75082,
  in the Physician’s Pavilion, Room 200.

• Saturday, April 13
  10-11 a.m.
  at Central Market, 320
  Coit Road, Plano, 75075
  (Coit @ Geo. Bush, across from Sam’s Club).
  Speaker and tour guide: Betty Murray, Certified
  Nutritionist.

MARCH MEETING TO START AT 9:30 A.M.
Our March 9 meeting will start at 9:30 a.m. with a few gentle stretching, and deep breathing, exercises led by Elaine. These ‘stretches’ are entirely optional, and should only be engaged in if you are sure they are right for you.

Gift basket items
We are still seeking donations for Health Fair door prizes. Brand new items that would fit into a small gift basket would be much appreciated. Thank you!

RECIPE WANTED
We are putting together a collection of your, or your friend’s, favorite ‘bone healthy’ recipes. These will be compiled into a nice booklet with the group’s name on it.

Please send your contribution(s) to:
  jennieimage@tx.rr.com or bring a printed copy to the
  March, April or May meetings.

If you can include the estimated calcium per serving that would be terrific, but that is optional.

Your group leader:
Elaine Henderson, R.N.
214-477-7214
email: eshenderson@tx.rr.com

WALKING CHALLENGE!
Meeting your goals

Pick up your free, step counting, pedometer at the Check-In desk today! If you need help with it’s operation, ask Jennie. Supplies limited - available on a ‘first come’ basis.

You will also receive a sample 3-month Walking Log. If you would like to receive this log by email, as an Excel document, let Jennie know. Excel documents can be altered.

Our thanks to Marcia Upson, and her daughter, Cassie Jetton, Senior Program Manager, Naturally Slim, Inc. for their donation.