

MEMORIAL HOSPITAL MIRAMAR

Girls' Night Out

Join us for informal chats with
some outstanding physicians

— plus cappuccino and delicious treats.



Memorial Hospital Miramar • Royal Palm Conference Room
7 - 8pm

THURSDAY, MARCH 18 • *Laugh Without Worry*

Urinary incontinence can be treated – learn how.

GUEST SPEAKERS:

Angelo Gousse, MD, Board-Certified Urologist

Maury Jayson, MD, Board-Certified Urologist

Elicer Kurzer, MD, Board-Certified Urologist

**Free nail polish change.*

THURSDAY, APRIL 15 • *It's Never Too Late to Lose Weight*

Get the skinny on diet, nutrition, B-12 shots, exercise and weight-loss surgery.

Michael Choi, DO, Board-Certified General Surgeon • Eliza Pearo, Registered Dietitian

West-Ky Abrams, DO, Board-Certified Family Practice Physician

**Free Pilates demonstration.*

THURSDAY, MAY 20 • *Preparing for Mammograms*

Helpful information about imaging, digital vs. film, biopsies and genetic risks

Alejandra Perez, MD, Board-Certified Oncologist • Mary Hayes, MD, Board-Certified Radiologist

Maxine Chang, ARNP, Genetics

**Free spa eye treatment (3 minutes).*

THURSDAY, JUNE 17 • *Hot News on Menopause*

Tips for staying cool through hot flashes, hormones, mood swings, weight gain and osteoporosis.

Elizabeth Gonzalez, DO, Board-Certified OB/GYN • Simon Weiss, MD, Board-Certified OB/GYN

Osteoporosis risk assessment.

FUTURE CHATS

Call (954) 538-4612 to register and for more information.

**Free beauty treatments for the first 25 people to RSVP!*

 **Memorial
Hospital Miramar**

1901 Southwest 172 Avenue • Miramar, Florida 33029
(954) 538-5000 / MemorialMiramar.com

A facility of Memorial Healthcare System

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