

Focus on Men's Health

**Bring your friends and learn how to
focus on your health from an
experienced medical professional.**

Topics vary monthly.

Monday, July 11th 6:30 p.m.

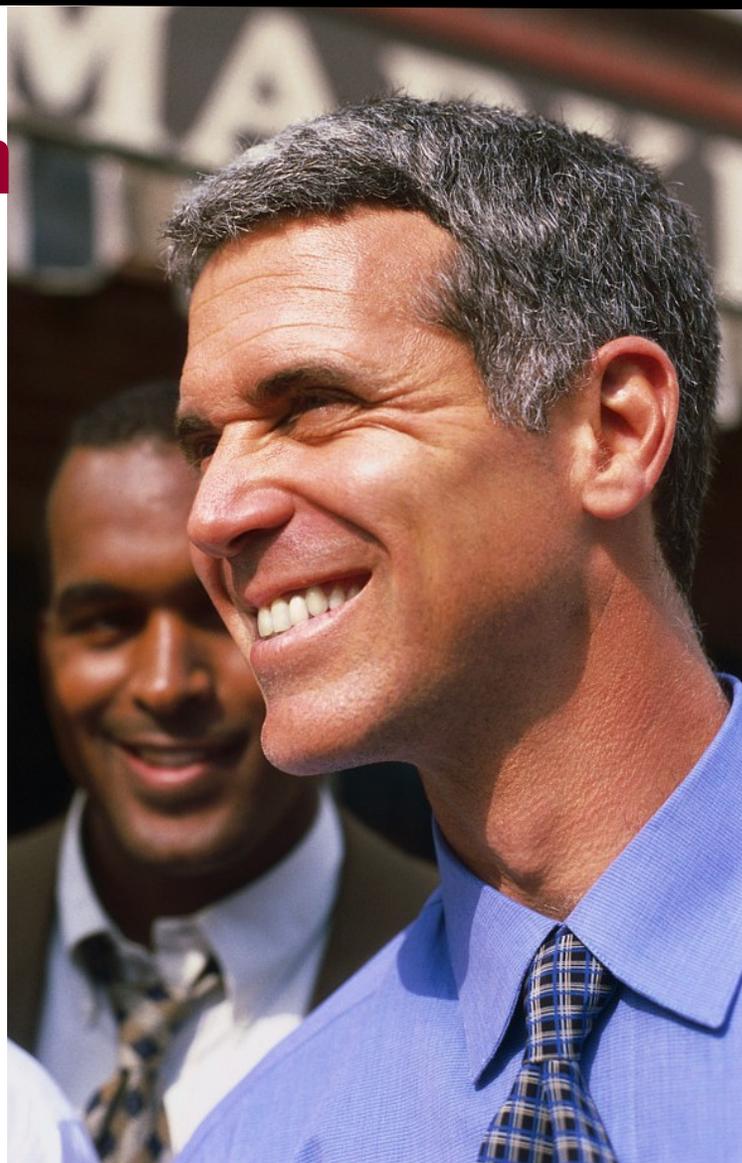
"Building Your Brain Power At Any Age"

The good news is your brain is constantly changing in response to your experiences well into old age. Brain health, vitality, clarity and strength are all possible throughout your life. The bad news is that sometimes we feel as we are getting older that our brains are not as sharp as they once were. Learn different ways to build your brain power as you age, as a physician from The Medical Center of Plano educates you on the many factors that can help you build brain power throughout your life.

Monday, August 8th 6:30 p.m.

"Is There a Male menopause?"

Join us to hear Dr. Adrian Nguyen talk about the changes and challenges that men face as they age. During the middle years of a man's life, he may notice various signs and symptoms that let him know that his body may be changing. Learn about these signs and symptoms and how to face these challenges with a mature and energetic attitude.



**Stay informed with the most
up-to-date
information on men's health.**

Join us at 3901 W. 15th St.,
2nd Floor Classrooms 1 & 2



**The Medical
Center of Plano**

**For more information or to
register, call 214.473.7317**

“Second Cup of Coffee” Lecture Series

Enjoy a great cup of coffee and a medical update presented by medical professionals on staff at The Medical Center of Plano.

Lectures held monthly on the second Saturday at 9:00 a.m. at The Shops at Willow Bend at Fresh Choice Express on the Lower Level near Dillard’s.

Sat., July 9th, 2011 “Stay Informed and Stay Protected!”

Join us at our new location to hear about emergency preparedness in our homes. Maria Stephens, RN, BSN, the Medical Reserve Corps Coordinator for Collin County Department of Homeland Security, will be present to educate us on the importance of keeping ourselves and our families prepared for unexpected emergencies. Maria will show us the kit that should be in everyone’s home in case of an unexpected disaster. She will talk about the role all of our community hospitals in keeping us all safe and protected when disasters happen.

Sat., August 13th, 2011 “The Genetics of Cancer”

Does cancer run in your family? Do you wonder why some families seem to be more affected than others when it comes to a cancer diagnosis? Are there ways to check on my risk for developing cancer? Learn the answers to these questions from an expert, when Annette Patterson, Genetic Counselor at The Medical Center of Plano attends the 2nd Cup of Coffee to explain the genetic risks of cancer. She will discuss several of the cancer “clusters” where there seems to be a genetic risk for certain families. Learn about the role of the genetic counselor in helping you to understand your own risks for cancer.



For More Information Visit:

www.ShopWillowBend.com/Events

No reservations required for this series of events

Questions? Please call:

214.473.7317 or email

mcpl-seminars@hcahealthcare.com