

Spirit Night 2010

January 14—"Creating the Life You Want"

February 11—Heart Healthy:
Don't Miss a Beat

March 11—The Confidence Factor:
Loving and Laughing through Life

April 8—Life is NOT a Spectator Sport

May 13—Spring into Women's Health

June 10—Get Your Teens to Talk Back

July 8—The Fearless Factor: Embracing
Life with Bravado

August 12—See Yourself in a Whole
New Light

**S E E
Y O U R
S E L F
I N A W H O L E
N E W L I G H T**



Catch the Spirit with this series of monthly programs from Gerber Memorial.

Fun and fascinating get-togethers to help you become healthy and stay healthy

**Second Thursday of Each Month
Tamarac**

**The Center for Health and Well-Being
1401 W. Main, Fremont
6:30—8:00 PM**

**August Spirit Night
Thursday, the 12th**

See Yourself in a Whole New Light!

"The eyes are the window to the soul..."
But your eyes are so much more than that!
Protect your sight and learn about eye health
in this interesting program presented by
a vision specialist from Shoreline Vision.

See you there!

Cost: \$10 per session
Spirit of Women Members—\$5

Spirit of
Women.

GERBER MEMORIAL
Women's Health

For more information or to register
call 231.924.7139