



Debbie Gore

Award-winning Gastroenterologist **Adil M. Choudhary, M.D.** will discuss the prevention and care of common gastrointestinal concerns.



WOMEN'S GASTROINTESTINAL HEALTH

Spirit of
Women.

Exclusively at
**HUGULEY MEMORIAL
MEDICAL CENTER**

As your Spirit of Women hospital, we want to help you learn how to know what your body is telling you and what to do about it. Come hear Debbie Gore's message "Recipe for Life"! Satisfy your tummy with healthy foods, keep your heart light with balanced goals and reach for greater well-being. You will be inspired to create your own "Recipe for Life"!

Date: 11-19-09

Time: 7-8:30 pm

**Location:
Amphitheatre
(Inside Fitness Center)**

**To register:
817-568-5480**

**Admission is
FREE!**

Door Prizes Available!

Trusting what your Tummy tells You



Trusting what your Tummy tells You is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.