



Spirited Women

Monday, July 11th, “Don’t Be Baffled By Cancer”

Join us for an evening to learn about cancer. Annette Patterson, genetic counselor on staff at The Medical Center of Plano, and Eileen Javurek, Breast Health Navigator, will help us clear up the confusions about cancer. You will leave with a much better understanding of cancer, its risk factors, symptoms, prevention, management, and treatment options. Annette will help you understand how the services of a genetic counselor might be of interest to you in understanding your family’s genetic puzzle.

Women today are also baffled about all of the apps available on their Smart Phones. Mary Bias, RN, BSN, CMSRN, and Manager of Application Services in the Information Services Dept. at The Medical Center of Plano will come and explain the apps that are available to us on our Smart Phones. She will let us know the best options and values, so that we can use our phones to help us navigate a healthy and ambitious lifestyle.

Monday, August 8th, “A Stitch in Time”

Join us as Dr. Bradford Bader, an ENT physician who specializes in cosmetic and reconstructive surgery of the face and neck, gives us up to date information on all of the treatments and minor procedures that can be done to help give us a new look and a new smile. His presentation will include information on Botox, neck, forehead, and chin lifts, eyelid rejuvenation, fillers and laser and chemical peels. We will learn about sun damage and skin cancers and the importance of prevention in protecting our skin and our youthful image.

Following Dr. Bader’s presentation, Callie from City Crafts Dallas will update us on the resurgent interest in sewing. After listening to Callie’s presentation, you will get excited to get your sewing machine out of the closet and update your wardrobe, your accessories, and your home with the fabulous creations made by you!

Catch the Spirit with these special events!
Bldg. 3 Auditorium, Suite 315, 6:30 p.m.

For more information or to register,
Call 214.473.7317
Or email mcpl-seminars@hcahealthcare.com



**The Medical
Center of Plano**

“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