

LADIES' NIGHT OUT: TAKE CARE OF YOURSELF AND YOUR HEALTH



Here's a great opportunity to enjoy a night out with a friend and learn how you can stay healthy! Our panel of experts will give presentations on the facts about breast health imaging tests; breast cancer prevention, detection and treatment; how to become more resilient through proper breathing techniques, eating and walking; and a demonstration of desk-side yoga. At the end of each presentation, you'll have the opportunity to ask questions. Enjoy this free event with fabulous vendors, appetizers and refreshments, plus a chance to win some great prizes.

 **BRONSON** POSITIVITYSM

bronsonhealth.com

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Thursday, November 8

Check in at 5:30 p.m., program is 6 to 7:30 p.m.

Bronson Athletic Club, 6789 Elm Valley Dr., Kalamazoo

Registration is required. For details and to register for this free event, call (269) 341-7723 between 8 a.m. to 5 p.m., or go to bronsonhealth.com/classes.

Vendors:

Bronson Plastic Surgery Specialists
Bronson Skin Care and Cosmetic Laser Center
Bronson Vascular and Endovascular Specialists
Breast Health Services at Bronson
Beautifully Unique

Presenters



Christina Jacobs, MD
Advanced Radiology Services
Mythbusters: Mammography Edition



Mika Reschke, MD
Bronson Breast Surgery
The Face of Breast Cancer: Who is
Getting it and How are we Fighting it?



Jill Thompson, Group Exercise Instructor
Bronson Athletic Club
Desk-side yoga



Jenny Opdycke, PA-C
Bronson FastCare
Building Resilience Through Mindful Breathing,
Eating and Walking