

Living Longer: Body, Mind and Spirit @ the West Palm Beach Public Library

Sponsored by a grant from:



Yoga @ your city library

Saturdays, May-August, 2009 10:30-11:30am
Bring your mat and practice your yoga at the library! Auditorium

Discover the Many Advantages of Breast MRI Technology

Tuesday, May 19, 2009 10:00-11:00am
Educate yourself—early detection could save your life! Join Warren Reuther, M.D. from Columbia Hospital for an informative discussion on the benefits of breast MRI technology. Free goodie bag! Auditorium.

Osteoporosis Screening

Tuesday, May 19, 2009 11:00-12:00pm
Get screened at the library. FREE! Presented by Columbia Hospital. Clematis Room.

Robotic Assisted Procedures: Changing the Experience of Surgery

Thursday, June 4, 2009 2:00-3:00pm
This lecture is presented by Samuel Lederman, M.D. from the JFK Medical Center. Learn about the latest in technology! Auditorium.

Cardiac Stroke Risk-Assessment

Wednesday, June 17, 2009 1:00-3:00pm
Take charge of your health with this FREE screening! Presented by the JFK Medical Center. Auditorium.

Wii Senior Bowling Tournament

Wednesdays, June 17, 24 & July 1, 8 2:00-3:30pm
Come out and compete in our Wii Senior Bowling Tournament! Get some exercise and have fun! Please register - 561-868-7701. Auditorium.

Triple Touch Education and Cancer Prevention Information

Tuesday, July 14 9:30to11:30am
Maintain your health, learn how to detect and prevent cancer! Come to this free screening presented by JFK Medical Center Cancer Center. Clematis Room.

Will Ablation Cure My Atrial Fibrillation?

Tuesday, July 14 10:00-11:00am
This lecture is presented by Daniel Beyerbach, M.D. from the JFK Medical Center. Learn about the latest technique to control your cardiac arrhythmia! Auditorium.

Vascular Problems of the Legs: Peripheral Arterial Disease and Varicose Veins

Thursday, August 20 10:00-11:00am
The peripheral arteries and veins carry blood to and from your arm and leg muscles and the organs in and below your stomach area. Join us for this free lecture presented by Jesus Jimenez, M.D. from the JFK Medical Center. Auditorium.

West Palm Beach Public Library

411 Clematis Street
West Palm Beach, FL 33401
561-868-7701
www.mycitylibrary.org

