



## Join us for a free Women's Night Out!

**Thursday, October 29**  
**5-7:30 p.m.**

Carve a little time out of your busy schedule to take care of yourself. Hear from the experts, get free health screenings and stop in at booths that cover everything from mammograms and diabetes to fitness and skin care.

### **Make the scale your friend**

*Dietitian Jackie Caul RD, LDN, CDE.* Get the nutrition and exercise advice you need to stay healthy and keep your weight in-check.

### **Keeping the beat**

*Dr. Agnieszka Silbert, Cardiologist.* Learn how to keep your heart healthy as the doctor discusses medications, interventions and the latest treatments.

### **Hot off the press**

*Dr. Vneshe Parekh, Family Medicine Physician.* Understand the changes and symptoms associated with menopause and options to keep it manageable.

**Call to register. 877.737.4636**  
[presencehealth.org/stjoseph-elgin](http://presencehealth.org/stjoseph-elgin)

**North Concourse & Airlite Cafe**  
**77 North Airlite Street | Elgin**