



Part II of Battling the Bulge... “Fitness & Exercise”

Another “Sharing the Health” Program

Do you need a commonsense approach to an exercise program? Dr. Susan Mason (Alfred Family Practice) and Laura Vetter (Community Wellness) will share some simple, safe and inexpensive techniques to help you get and stay in shape.

Join us...



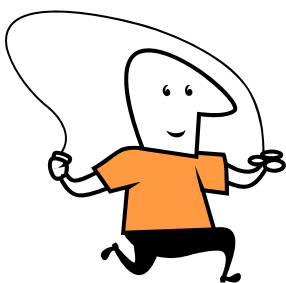
Dr. Susan Mason

Wednesday
May 8th
6:30 - 7:30 PM

Hornell Golf Club
473 Seneca Road
Hornell, NY



Laura Vetter



This educational lecture is open to the public and offered free of charge by St. James Mercy Hospital.

Reservations are preferred but not required...Please call
(607) 324-8146
by Friday, May 3rd