

Maintaining Wellness Post Cancer

Join us for an interactive Shmooze
with Dr. Claudia Harsh, MD

Topics to be addressed include: issues with sleep, anti-depressants, bones & joints; understanding the effects of hormones and the lack of estrogen; food, activity, and vitamins for wellness

Wednesday, January 17th
2:00pm - 4:00pm
at Jewish Family Service
5402 Arapaho Road, Dallas

Please RSVP to Beth Broodo at bbroodo@jfsdallas.org
Light Refreshments included

Dr. Claudia Harsh, MD, is an experienced, compassionate, patient-focused gynecologist and provider of medical acupuncture and functional and integrative medical care. She is a frequent lecturer to physician groups and community groups and the co-author of "Get Well & Stay Well", Integrative Medicine Foundation 2011

