



Your Passport to Good Health



October 15 • 4:30pm - 7pm

Naples Beach Hotel

85 I Gulfshore Blvd. North • Free valet parking

Admission is free, but registration is required. Register online at www.nchmd.org/GirlsNightOut or call

239-552-7554

Presentations & Demos:

Pack your bags with easy health tips, fun lectures, and great memories as we travel to destination health and enjoy the journey to a longer, healthier, happier life.

“Is the Mediterranean Diet Right for You?”

Adam Frank, MD, Cardiology
Leslie Deason, MS, Registered Dietician

“Health Benefits of Tea”

Teavana

“Take Comfort in our Delicious Food: Healthy Appetizers”

Whole Foods

“Secrets to Living a Longer, Healthier, Happier Life”

Emily Essert, DO, Family Medicine

“Cruising the Road of Midlife: Answers to Questions I Hear Every Day in My Office”

Holly Miller, MD, OB-Gyn

“Agony of De Feet”

Snyderman’s Shoes

“Balancing Life Stress -Chair Yoga”

Caryn Gallager
NCH North Wellness Center

- Massages • Informational Booths
- Health Screenings • Beauty Makeovers
- Appetizers • Cash Bar
- Prizes