

HEALTHY WOMAN

A GADSDEN REGIONAL MEDICAL CENTER RESOURCE

Gadsden Regional Medical Center is proud to feature one of America's leading nutritionists — Dr. Rovenia Brock, better known as **Dr. Ro** — as the keynote speaker for the June 14th Healthy Woman luncheon.

Come enjoy food, fun, fellowship and hear Dr. Ro talk about nutritional habits mentioned in her new book, *Dr. Ro's Ten Secrets to Livin' Healthy*, which will be available at the event for \$7.

Dr. Ro will also discuss skin care and how the food we eat effects our skin's appearance and elasticity.

This FREE event will be held from noon to 1 p.m. at the Senior Activities Center and is open to Gadsden Regional Medical Center Healthy Woman members. Make your reservations today by calling 256-494-4894.

Not a member? Not a problem! It's FREE!

Visit gadsdenregional.com or call 256-494-4300 to become a member today!



Dr. Ro is an award-winning nutritionist, fitness expert, lecturer, and media personality as well as author of *Dr. Ro's Ten Secrets to Livin' Healthy*.

Dr. Ro and her husband, Dr. Murray Riggins, a GRMC Emergency Room Physician, own Dr. Riggins' MASC System, with an office

located in downtown Gadsden at 200 Bay Street.

For more information, call 256-438-6494 or visit www.mymasc.com or everythingro.com.

HEALTHY WOMAN is a free community resource provided by Gadsden Regional Medical Center.

to empower women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones. The focus is on women age 25-54, but it's open to women of all ages!

Free monthly events focus on health, communication, relationship and life balance issues.

For more information, visit gadsdenregional.com or call Leslie Harp at 256-494-4300.