



Take Charge!

Learn How to Get the Most Out of Your Health Care

Wednesday, September 16
5:30 p.m. Check In • 6:00 p.m. Program

M. D. Anderson Cancer Center
Cancer Prevention Building, Floor 8, Conference Center
1155 Pressler St., Houston, TX 77030

In her talk, Mary Jo Kreitzer, Ph.D., R.N., will teach you how to:

- ✓ Get the most out of your health care
- ✓ Explore the healing practices of massage, meditation and acupuncture
- ✓ Get healthy lifestyle tools to improve your physical, mental, social and spiritual health

Free Registration:

Advance registration is required as seating is limited.

The registration deadline is Sept. 14.

There are two ways to register:

- E-mail publiced@mdanderson.org
- Call 713-745-0549

Free Parking:

From Holcombe Boulevard, turn south on Bertner at Entrance 5, and enter the parking garage located on the right immediately before the first stop sign (see "P" for parking and make right turn into garage). Take the parking garage elevator P to the 2nd floor and follow the signs to the Cancer Prevention Building (CPB).

For more information, visit
www.mdanderson.org/takecharge

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