

The Original... Girls' Night Out



*Removing the rose-colored
glasses... food fads
and good health.*

Thursday, January 31, 2013 • 6 - 8 p.m.

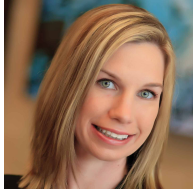
MEMORIAL[®]
HERMANN
Sugar Land
Breakthroughs every day

Learn the secrets of healthier living by improving your relationship with food.

Starting its sixth year, Memorial Hermann Sugar Land Hospital's original Girls' Night Out series promises a new year filled with important health and wellness topics. On January 31, grab your girlfriends and join us as OB/Gyn Lauren Phillips, M.D., discusses the impact dieting fads can have on our health and hormones. Then pediatrician Bryan Patterson, M.D., will share the right foods necessary for growth and development from childhood through puberty. And nutritionists from Whole Foods will be on hand providing tips and samples on packing healthier lunches for you and your family.

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Panel of physicians who will be featured:



Lauren Phillips, M.D.
OB/Gyn



Bryan Patterson, M.D.
Med/Ped

Girls' Night Out

Thursday, January 31, 6 - 8 p.m.

Memorial Hermann Sugar Land

Conference rooms A, B and C

17500 West Grand Parkway South, Sugar Land, TX 77479

The event is free for those age 21 and up, but seating is limited. Registration is required.

To register call 713.222.CARE (2273).



Memorial Hermann Healthcare System

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