

Conversations:

A Healthy Exchange for Women

Chances are you share the same concerns about health and good living as these three women. That's why Carolinas Medical Center brings you "Conversations", a series of discussions about topics that concern today's women.

At "Conversations", local and national experts share useful and timely information that helps you take charge of your health - and make your life longer, happier, and a little easier. Carolinas Medical Center understands that the more you know, the better you feel. Join us for "Conversations" - a healthy exchange for women.

When: October 6, October 27 and
November 17, 1993

Time: 12:00 noon and 7:00 p.m.
Complimentary lunch or dinner
served

Place: Carolinas Medical Center
Auditorium

For more information, or to make a reservation for you and a friend, call 355-2229. Seating is limited.



Assistance
Available

Free Parking Available.
Facility Tours Available Upon Request.



CAROLINAS
MEDICAL CENTER



"Sometimes, I wish I could just go away for the holidays. No cooking. No entertaining. No visits from family and friends. Is that so bad?"

NOVEMBER 17

Bah, Hum-Bug! How to Handle Holiday Stress

A discussion with Jeff Davidson,
author of *Breathing Space*

With the holidays approaching, the festivities — and responsibilities — can be overwhelming. Not to mention nerve-wracking. Jeff Davidson shares his insights on how to live and work at a comfortable pace in our sped up society. Here's an opportunity to help cope with the potentially stressful effects of turkey, tinsel and the approaching New Year.

"'Tis the Season" to get a handle on holiday stress before it gets to you and the ones you love