

City of Brecksville Media Release

October 7, 2008

Brecksville Human Services Center Offers a Chance to “Talk to the Doctors”

The Brecksville Human Services Center presents a “Healthy Holidays Expo” on Saturday, November 1 from 10 am to 2 pm. This health and fitness expo will feature an open forum physicians panel at 10:30 am enabling visitors to hear from and ask questions directly to the doctors. The panel will include Dr. Kimberly Chen, D.O., Dr. Stephanie George, OB/GYN, Dr. David Hedrick, Cardiologist, Dr. Nigel Brayers, Chiropractor and Dr. John Bertschler, PhD., Psychology.

There will be a showcase of health and financial related vendors as well as blood pressure screenings, chair massages, Tai Chi and chair exercise demos.

Plus the following schedule:

10:00 – Yoga Demonstrations

10:15 – Information from the Benjamin Rose Institute

10:30 – Noon - The Physicians Panel

12:15 – Fitness Demonstrations and a cooking demo by Karen Skocznski, R.N.

12:30 pm – Northcoast Conflict Resolutions will tell you how to manage holiday stress.

The Healthy Holidays Expo is free and open to residents of all cities.

The Brecksville Human Services Center is at 2 Community Drive at the rear of the Brecksville Community Center. Take Community Drive off Route 21, south of Route 82. Call 440-526-2499 for more information.



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