



It's *SUMMER*, time to

FLASH DANCE!

WEDNESDAY, JUNE 10, 2015 | 7:00PM-9:00PM

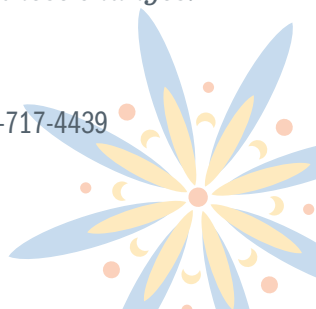
ASSAGGI OSTERIA

6641 OLD DOMINION DRIVE | MCLEAN, VA 22101

Ample parking behind restaurant

Beat the heat with cool drinks and good friends as we discuss hormonal health at all stages of a woman's life. Dr. Terri Remy and Physical Therapist Pany Nazari will share helpful information about these changes.

RSVP TO KELLY FERRIS BY JUNE 8, 2015 AT
KFERRIS@VIRGINIAHOSPITALCENTER.COM OR 703-717-4439



WOMEN'S HEALTH AND EMPOWERMENT CIRCLE

The Women's Health and Empowerment Circle (WHEC) is composed of dedicated women who value community and ensure that access to the best medical care is available to women, children and families through support of Virginia Hospital Center and its programs.

This year, WHEC plans to raise \$100,000 to support: 1) Expansion of services for high-risk mothers and babies 2) Scholarships and professional development for nurses and allied healthcare professionals and 3) Support for children living in poverty to access medical care at Arlington Pediatric Center (APC).

Dr. Terri Remy is Medical Director of the Virginia Hospital Center Physicians Group, Primary Care Alexandria and is Board certified in Internal Medicine and as a Menopause Practitioner. She has a particular interest in preventive care, women's health issues and nutrition.

Pamy Nazari is a Senior Physical Therapist at Virginia Hospital Center with more than 20 years experience in orthopedic and pelvic floor physical therapy.

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