

ManPower

Basic Training for Better Health

Tuesday, June 13 ■ 5:30-9 p.m.

Victor E. Clarke Education Center

Want to win the battle for health and fitness? Reinforcements have arrived. Do an about-face and march toward a healthier lifestyle.

Come to "Manpower: Basic Training for Better Health," and learn how you can take charge of your health. The Health Colonel, Lt. Col. Bob Weinstein USAR (ret), is looking for a few good men who want to be all that they can be. No matter what your age, his dynamic approach to fitness will help you become fighting fit. And a panel of medical experts will give you all the information you need to make smart, healthy choices.

*Lt. Col. Weinstein
USAR (ret)*

5:30 p.m. **Registration and light, boxed dinner**

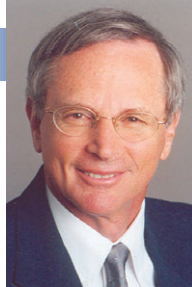
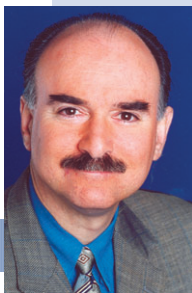
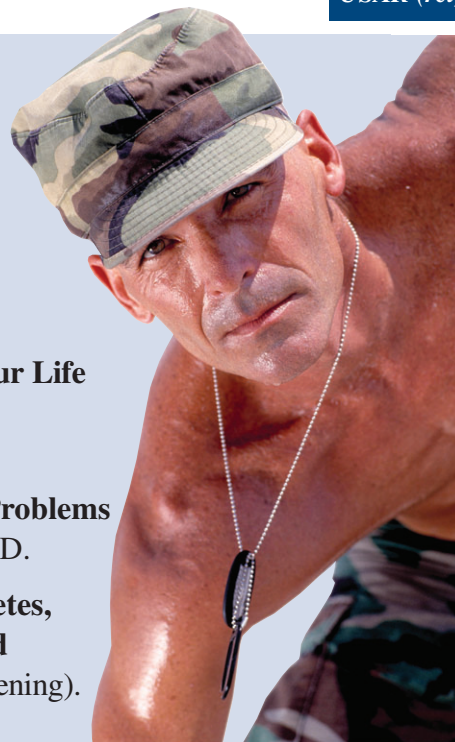
6 p.m. **Work it Out**
The Health Colonel,
Lt. Col. Bob Weinstein USAR (ret)

6:30 p.m. **Physician Panel Discussion**

Dr. Mitrani **Power Points:**
Ways to Stay Healthy Throughout Your Life
Internist Alberto Mitrani, M.D.

Dr. Levitt **Range of Motion:**
Prevention and Treatment of Knee Problems
Orthopedic surgeon Richard Levitt, M.D.

7:30-9 p.m. **Free screenings for cholesterol, diabetes,
blood pressure, body fat analysis and
leg blood flow (peripheral vascular screening).**



Men and those who love them are invited to this free program.
Reservations are required. Call 786-596-7340.



**South Miami
Hospital**

U.S. 1 and SW 62 Avenue