



MBHS Conference Center, Lower Level of MOB III

Thursday, January 14, 2010 • 6:00 p.m. – 7:00 p.m.

Topic:

Know Your Mechanics: Auto & Body

Learn the top 5 to 10 Maintenance & Preventative Tips for keeping both your automotive and physical health in good working condition.

Speakers:

John David Ledbetter, Owner
North Hills Automotive

H. Griffin Cupstid, MD, FAAFP
Foothills Family Medicine Cowpens

Childcare Not Provided

Check-in: 5:30 p.m. - 6:00 p.m.

Lecture, Q&A: 6:00 p.m. – 7:00 p.m.

**Sign up for free membership to Healthy Woman
and register for the event by going to the MBHS
web site –www.maryblackhealthsystem.com.**

Call to register, toll-free 1-877-MBMH-DOC
(1-877-626-4362)



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Healthy Woman is a free resource from Mary Black Health System. It's designed to provide women with information to maintain a healthy body, mind and spirit for themselves and their loved ones. Membership is free, and the benefits last a lifetime.