



**SouthWest Urology, Inc.**

# Women's Connection

*Convenient, Affordable Women's Health Talks & Exercise Classes*



*Dr. Holly Wyneski of Southwest Urology is doing something new! We are really excited to share our new Women's Connection program with not only our patients, but the community we are a part of as well!*

*Women's Connection is a health program meant for women of all ages, sizes, and from all walks of life that are working for the same goals of healthy lifestyles, attitudes, bodies, and specifically bladders!*



**January 10, 2012**

**My Bladder has a Mind of its Own!**

*Urologist, Holly Wyneski, M.D. will speak about Overactive Bladder*

**February 14, 2012**

**I would LOVE to LIKE you...**

*Counselor, Marlene Kurz, will guide us on how to deal with Relationships that change over the years.*

**March 13, 2012**

**10 Ways to Keep Your Mind Sharp!**

*Presented by Jennifer Nance, Educator on Healthy Aging*

**April 10, 2012**

**Keeping Your Waistline in Check!**

*Local Author, Betsy Muller will share Tips on how to Get a Waistline your Girlfriends will Envy!*

**May 8, 2012**

**Here's Looking at You!**

*Optometrist, Jennifer Killian, O.D. speaks on Eye Health for Women*

**June 12, 2012**

**Sometimes I Laugh so Hard Tears Run Down my Leg!**

*Urologist, Holly Wyneski, M.D. will speak on urinary leakage.*

**July 10, 2012**

**"Cleaning out the Clutter!"**

*Popular detox diets, everything you wanted to know but were afraid to ask. Presented by Hope Barkoukis, PhD, RD, LD, Professor at CWRU College of Medicine Nutrition Dept.*

**"SHAPE YOUR CONNECTION"**

*Weekly exercise class meets 7-8 p.m. Thursday evenings at the Middleburg Heights Community Center, light cardio & resistance band training by certified personal trainer.*



**"GIRL TALKS"**

*Monthly lecture series, 7-8p.m., Middleburg Hts. Community Ctr. 16000 East Bagley Road Snacks, beverages, door prizes!*

*Registration information below*

6900 Pearl Road, Ste. 303  
Middleburg Hts., OH 44130  
(440) 887-2783  
www.southwesturology.com

**\$5 for Girl Talk or Shape Your Connection class**  
**\$25 annual Women's Connection Membership covers all lectures & classes.**  
[womensconnection@southwesturology.com](mailto:womensconnection@southwesturology.com)