

A time for guidance, a time for trust.

*I*f your daughter is approaching puberty, you have an important task ahead. The better you prepare her for upcoming biological changes, the easier her transition to womanhood will be. Mothers and daughters together can learn about the biological, medical and practical lifestyle aspects of menstruation from an obstetrician/gynecologist on staff at The Medical Center of Plano.

The Medical Center of Plano
is pleased to present

Beginning the Cycle: Menstruation

Choose from these
Wednesdays in 2011:
**February 16, June 15,
or November 16**

7:00 p.m.
Auditorium

This is a **free** seminar,
but seating is limited.

Please call
972.519.1209
for reservations.



**The Medical
Center of Plano**

3901 West 15th Street
Plano, Texas 75075
972.596.6800
themedicalcenterofplano.com

