

# Campus Wellness Event

Did you know  
September is  
Healthy Aging  
Month?



## Presents Healthy Aging

### Speaker Topics

1. Osteoporosis: Prevention & Treatment.
2. Using Hormone Replacement Therapy in Preventing Osteoporosis.

### Speakers

**Amanda Miles** has been employed as a pharmacist with 1st America Drugs for two years. She received her Doctorate of Pharmacy from Mercer University in Atlanta, but she currently resides in Valdosta with her husband Joe and their two children.

**Elaine Bivins** received her Doctorate of Pharmacy from Mercer University. She continued her training at Dekalb Medical Center where she completed her residency. She is now pharmacy co-manager and hormone replacement specialist at 1st America Drugs and resides in Valdosta with her husband Richard and their son.

Join us Friday, September 7<sup>th</sup>, 2007  
from 12:30 to 1:30 p.m.  
in the Magnolia Room, University Center

Enjoy a special buffet lunch for \$6.95, or a meal plan.

Please RSVP by calling 259-5105  
or online at [www.valdosta.edu/finadmin/training](http://www.valdosta.edu/finadmin/training)



### Menu

Pesto Chicken Milano with Fettuccine  
Mushrooms & Spinach Italian  
Arugula, Red Onion & Orange Salad  
with an Orange Curry Vinaigrette Dressing  
Lemon Yogurt Bars

