



## The Fall River Fitness Challenge and Healthy City Fall River present



Wednesday, October 21, 2009, 6:30-8:30 p.m., Heritage Park Visitors' Center, Battleship Cove

## Stress Management for the Holidays with Henry Vaillancourt, M.D.

**FREE  
PRESENTATIONS!**



Dr. Henry Vaillancourt is Director of Health and Human Services for the City of Fall River. He has had a life-long interest in mind-body medicine and has led workshops on stress reduction for Bristol Community College, the Yaffee Foundation and civic groups.

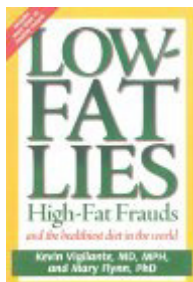
Wednesday, November 18, 2009, 6:30-8:30 p.m., Heritage Park Visitors' Center, Battleship Cove

## Eating Sensibly for the Holidays with Mary Flynn, Ph.D.

**OPEN TO  
THE PUBLIC!**



Mary Flynn is a Ph.D. in nutrition who has done pioneering research on the failure of low fat diets and the benefits of the Mediterranean diet. Mary is a Brown University faculty member who works at Miriam Hospital with an active clinical nutritional practice.



Both programs are free and open to the public. No advance registration required, but come early to get a seat!  
Call 508-324-2411 for information