

VIRTUAL FALL HEALTH FORUM

A complimentary presentation by
St. Francis Xavier Catholic Church Health Ministry
 in collaboration with **Memorial Hermann**

OCTOBER 15 • 10 a.m. to Noon

Many people see fall as a time for a fresh start. We may be sentimental, remembering long-gone school days or how excited we used to be, knowing that Thanksgiving and Christmas were round the corner. As we look back over the year, we should also look at how we are taking care of ourselves. Good health is priceless. We invite you to join the Health Ministry as we present a health forum featuring doctors and medical professionals from Memorial Hermann. We will discuss stroke, heart health, fibroids (invasive vs. noninvasive), diabetes, nutrition, exercise and various cancer screenings.

[Click here to join via Zoom](#)

<https://memorialhermann.zoom.us/j/98872027896?pwd=ZXdUeUZVVVGhMMERHMIV5eUIYRGJWdz09>
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