

Ten Steps to Better Health

Wednesday, April 8, 2009 — 6:30p.m.- 8:00 p.m.
Presented by Gerard L. Guillory, M.D.

In this informative free seminar, you will learn 10 simple, but often overlooked steps toward better health.

Among these steps are: adding probiotics to your diet; avoiding MSG and aspartame; avoiding trans fats; taking appropriate supplements; reducing inflammation; and being proactive when accessing health care.

To take part in this fun-filled and informative seminar, **please call 303-343-3121 to RSVP by April 6**. Call today, as space is limited. The seminar will take place in the Ed Lord room, Medical Center of Aurora North Campus, 700 Potomac St. (near Interstate 225 and 6th Avenue). **Dinner will be served.**

We encourage you to bring friends so they may start the path to a healthier life, and become acquainted with our medical practice.



To learn more about The Care Group, PC, or to receive Dr. Guillory's e-newsletter visit www.thecaregrouppc.com. You will automatically be notified of our upcoming seminars in addition to receiving valuable health-related information.

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Gerard L. Guillory, M.D., is board-certified in internal medicine and has been practicing in Aurora, Colorado, since July 1985. As an assistant clinical professor of medicine at the University of Colorado Health Sciences Center, Dr. Guillory is actively involved in training medical students, physician assistants, and nurse practitioners. He has lectured extensively on the role of nutrition and disease. Over the years, he has fostered an interest in patient education and has authored three books on digestive troubles. Dr. Guillory has also served as medical director of a Colorado-based health plan and as a health consultant to employer groups.