



Love & Happiness

Thursday, February 16 • 12-1 p.m.

Edgewater Health • 1100 W. 6th Ave.

Dr. Sharon James, OB/GYN, and **Dr. Marshall James, Family Medicine,** who are spouses as well as colleagues at Edgewater Health’s Cedar Lake Clinic, will co-present a discussion on “Love & Happiness: Fostering Healthy Relationships.”

Both Drs. Sharon and Marshall James focus on helping patients learn to listen to their own bodies, while working with them to establish goals, decrease health risks and develop or maintain a healthy lifestyle. They lead by example, as they educate and encourage family members to work as a unit in developing healthier relationships and lifestyle habits.



For Your *Whole* Life

FREE EVENT

No registration needed! Join us for our Mind, Body & Spirit talks which will be held the third Thursday of each month. Stay tuned for a new topic every month!