

HEALTH & Fitness

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Health-Related Editorial Accompanies The Section Once a Month

Here's to your **HEALTH and FITNESS**

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1 in the last year 6 who wish you... 5/2005 1526

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Imagine A Life Without Foot and Ankle Pain

Jason C. Miller, DPM
Dorcas M. Givens, DPM & Jason A. Ward, DPM

Dr. Miller is a board certified podiatrist with over 20 years of experience in podiatric medicine. He is a member of the American College of Podiatry and the American Association of Colleges of Podiatry.

Dr. Givens is a board certified podiatrist with over 20 years of experience in podiatric medicine. She is a member of the American College of Podiatry and the American Association of Colleges of Podiatry.

Dr. Ward is a board certified podiatrist with over 20 years of experience in podiatric medicine. He is a member of the American College of Podiatry and the American Association of Colleges of Podiatry.

281-346-2166

Accepting New Patients - Children and Adults are Welcome

10000 West Loop South
Houston, TX
www.houstonfootandankle.com

HEALTH & FITNESS

MEMORIAL HERMAN STEPS UP FOR KIDS

Memorial Herman Hospital's Health Step-Up program is now open to children ages 6 to 12. The program is a free, voluntary program that allows children to earn points for various activities and services. The program is a great way for children to learn about health and fitness while earning rewards.

Renovated MaxBowl provides great family fitness

By ERIC ENGLISH

It's a place where food and fitness meet. MaxBowl, the new dining and fitness center at Memorial Herman Hospital, is a place where families can enjoy a meal and get some exercise at the same time. The new facility is a great place for families to spend time together and get some exercise.

KINGWOOD MEDICAL CENTER'S BABY FAIR

Lactation consultant Kate Pease and Children Education Specialist Lisa Lutz are hosting a baby fair at Kingwood Medical Center. The fair is a great place for parents to learn about baby care and get some advice from experts.

SURVIVOR REUNITES WITH LIFE-SAVING SURGEON

Heart patient Randy Pate reunited with Cardiovascular Surgeon Dr. Raymond Little after a successful bypass surgery. Dr. Little is a board certified cardiologist with over 20 years of experience in cardiovascular medicine.

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