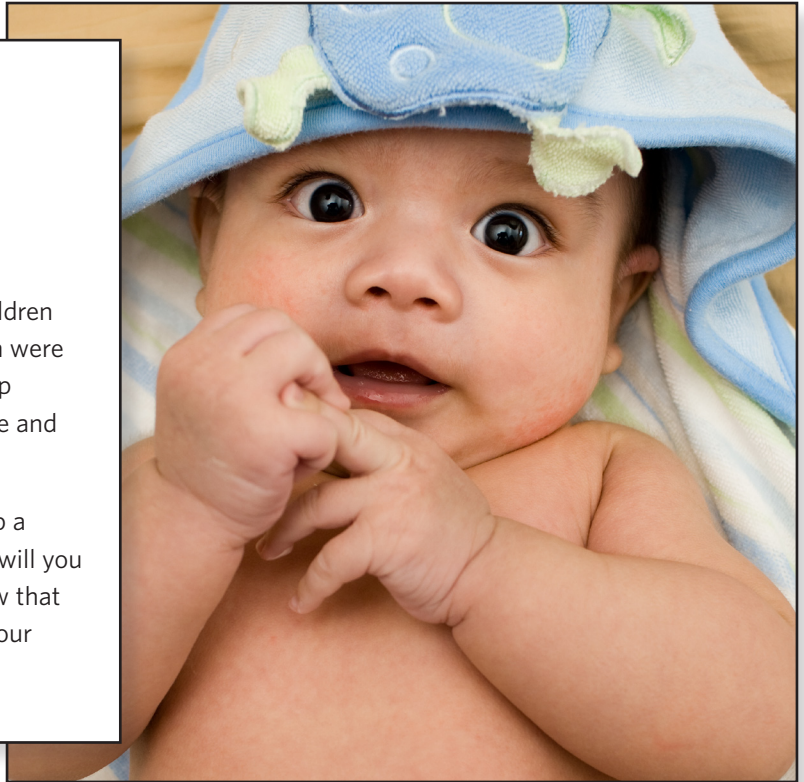


Caring for Kids Today (Grandparenting 101)

**Thursdays in 2011: March 24, July 28 and October 27
7:00 p.m., Second Floor Classrooms**

At The Medical Center of Plano, we realize today's children aren't exposed to the same things you or your children were in years past. That's why we offer this free class to help bring grandparents up-to-date on changes in baby care and baby products.

Learn the latest safety techniques and ways to develop a special relationship with your grandchildren. Not only will you learn a few new things, you won't be surprised to know that some things never change — like how much you love your grandchildren.



Just for grandparents!

A Visit to the Hospital

**Sundays in 2011: January 9, April 3, July 10,
and October 9
2:00 p.m., The Medical Center of Plano Atrium**

Recommended for grandchildren ages 4 to 10, A Visit to the Hospital offers an opportunity for grandparents to enjoy an afternoon of sharing and learning with their grandchildren.

Get an inside look at the Emergency Department, newborn nursery, kitchen, pediatric rooms, radiology department and more, to acquaint children with a hospital setting. Kids will learn basic first aid, explore an ambulance, and take part in craft projects. A reading corner and photographs will also be part of the fun!



Don't miss these events! Call The Medical Center of Plano now for information and reservations.

Call 972.519.1209

on the
web

For a complete listing of all Health Matters™ seminars, screenings and events, go to themedicalcenterofplano.com.



The Medical Center of Plano

3901 West 15th Street • Plano, Texas 75075
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Just for new dads

BOOT CAMP FOR NEW DADS

**Choose from these Thursdays in 2011:
January 27, March 31, May 26, July 21,
September 22, or November 17
7:00 p.m., Second Floor Classrooms**

In this free seminar designed for first-time fathers, The Medical Center of Plano staff physicians share their knowledge and expertise to illustrate the magic and challenges of fatherhood. Topics include our own fathers as role models; care of new moms and babies; returning to intimacy; forming a family; "Dad the Protector;" and dad and baby on the go. A video presentation by **Lynda Morley**, author of *Outings and Adventures Everywhere*, will explore brain development in newborns.

Hey, Dad!

Don't miss this **FREE** seminar!
Call The Medical Center of Plano now
for more information and reservations.

Call 972.519.1209



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