



Triangle Area Ostomy Association

Date: January 5, 2010

Time: 7:30 pm

Where: Rex Healthcare, Same day surgical waiting room
(just inside the entrance by the parking garage)

Speaker: Ashley Honeycutt, dietician to discuss
"Healthy Eating Habits for the New Year."

I'm sure all of us have been busy this holiday season. With all the company, foods, gatherings, and parties, I didn't have time to get a full newsletter together. Looking forward to seeing you all at the January meeting! Sorry I missed the last few meetings, but here's hoping the new year brings much needed health, not only for me but for us all. Jennifer Higdon, president



Jennifer Higdon
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