



Date: January 4, 2008
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**Broward County Commission Libraries Division Announces
Physician Lectures and Free Bone-Density Screenings at West Regional Library**

BROWARD COUNTY, FL – Physician lectures and free bone-density screenings will take place over the next few months at the West Regional Library. The one-hour physician lectures, morning and evening sessions, will take place in the library, and the screenings will be done in a Bone Density Screening Van that will be parked in the library's lot on three scheduled days. The program is sponsored by H2U at Plantation General Hospital and Westside Regional Medical Center.

The January sessions will focus on starting a health program for 2008. The physician lecture -- "Stepping Into Good Health for the New Year" is meant to provide the momentum to get started on some New Year's resolutions. And the topic is timely -- considering that January is Wellness and Self Improvement Month. The January lecture will be held in the library's Conference Room 230 on January 10 from 11 a.m. to 12 noon and on January 24 from 6:30 p.m. to 7:30 p.m.

February's program was chosen to celebrate National Heart Month, and focuses on a specialized care that may be needed for some hearts. The lecture -- "Take Matters to Heart" with David Kenigsberg, M.D., Cardiologist, will provide information on the state-of-the-art advances in the treatment of cardiac arrhythmia using EP (electrophysiology). February's physician lecture will be held in the library's Multi-Purpose Room 130 on February 14 from 11 a.m. to 12 noon and on February 28 from 6:30 p.m. to 7:30 p.m.

The March physician lecture will celebrate Women in Florida History. The sessions will provide details about the "Women Who Have Made a Difference in Health Care and Medicine in

Florida.” The March lecture will be held in the library’s Multi-Purpose Room 130 on March 13 from 11 a.m. to 12 noon and on March 27 from 6:30 to 7:30 p.m.

Bone-density screenings, by appointment, will be provided at no charge as part of this sponsored program. The screenings show how tightly packed bone tissue is (high bone density usually indicates strong bones), and can be a useful health tool. Bones are amazing living tissue, hard but flexible, lightweight but tough – but they still need care and attention. The Bone Density Screening Van will be parked in the library’s lot from 9 a.m. to 12 noon on the following days: January 29, February 2, and March 13. (The library will not open until 10 a.m.)

RSVPs are requested for the lectures as well as the screenings via the 24-hour reservation line of 1-866-442-2362. Light refreshments will be provided at the lectures. Sponsorship is provided by H2U (Health, Happiness to You) at Plantation General Hospital and Westside Regional Medical Center. For additional information, please call Liz Gassew at 954-249-0372 or Diana Leitner at 954-382-5860, x260.

The West Regional Library is located at 8601 West Broward Boulevard, Plantation, Florida 33324. Please call 954-382-5860 for more information.

The award-winning Broward County Libraries Division, founded in 1974, provides essential quality-of-life community service as well as outstanding customer service throughout Broward County. The Library consists of 37 branches that provide three million items and more than 2,000 computers for public use, and after-school literacy, youth, and teen programs. Its website, www.broward.org/library, includes free online reference and information databases in addition to access about library services, locations, and events that customers access on average 300,000 times a month. The Broward County Library is the ninth-largest library system in the United States, serving over nine million walk-in customers annually.

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