

## **Don't Miss...**

### **Five Simple Resolutions for a More Fit and Healthier You**

#### **Argyros Health and Wellness Lecture Series**

*Eisenhower George and Julia Argyros Health Center, La Quinta*

**Thursday, Dec 1, 5:30 to 7 p.m.**

Patricia Avila, MD, Medical Director, Eisenhower Wellness Institute; Hessam Mahdavi, MD, Internal Medicine;

Stephen Steele, DO, Family Medicine/Sports Medicine

**To RSVP, call 760-610-7205 by November 29. [Read More](#)**

HealthNotes is a publication of Eisenhower Medical Center · © Copyright 2015 All Rights Reserved · [www.emc.org](http://www.emc.org)