



Understanding Cancer

Skin Cancer: Symptoms, Treatment & Prevention

**Tuesday, May 1
Noon - 1 p.m.**

Grand Oaks Center, Alamance Regional Campus

Speaker: Arin Isenstein, MD,
Alamance Dermatology

To register, call **(336) 586-4000**
or visit www.armc.com.
A light lunch will be served. The program is free.



A special program for women only

Basic Skin Care for Beautiful Skin

**Tuesday, May 8
Noon - 1 p.m.**

Grand Oaks Center, Alamance Regional Campus

Speaker: Dawn Kleinman, MD,
Alamance Skin Center

A light lunch will be served. \$5 per person.
To register, call **(336) 586-4000**
or visit www.armc.com.



Connect with your daughter, granddaughter,
niece or other special young lady in your life in
an evening filled with laughter, learning and listening.

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Free Skin Cancer Screening



Free Skin Cancer Screening

**Tuesday, May 15
5:30 - 8.m.**

Alamance Regional
Cancer Center

*Free to men, women
and children of all
ages. Highly
recommended for
anyone who has not
seen a dermatologist
within the last year.*

Participating offices:
Alamance Dermatology,
Alamance Skin Center
and Central Carolina
Skin & Dermatology

To register, call
(336) 586-4000
or visit
www.armc.com.

Facebook Contest!





Tuesday, May 8 • 6 - 7 p.m.

Grand Oaks Center, Alamance Regional Campus

Learn about healthy body image and self esteem.
Enjoy a light dinner. Win fantastic prizes.

Recommended for girls ages 10-17.
\$5 per person. Event scholarships are available.
To register, call **(336) 586-4000**
or visit www.armc.com.

*Sponsored by Alamance Regional Medical Center and
the Alamance County Health Department.*



Weight Loss Surgery Seminar

Tuesday, May 15

6 - 7:15 p.m.

followed by

Bariatric Support Group

7:30 - 8:30 p.m.

*Open to all bariatric patients regardless
of where they had surgery.*

Grand Oaks Center, Alamance Regional Campus

Speaker: Jon-Michael Bruce, MD,
and Michael Tyner, MD,
Bariatric Specialists of Alamance

To register, call **(336) 586-4000**
or visit www.armc.com.
The program is free.

Inspirations

Join the Alamance
Regional Healthy
Inspirations contest on
[Facebook](#) and have a
chance to win one of
three great prizes.

1) Log onto Facebook
and "LIKE" our Page.

2) Post your tip for
the best way to stay
healthy on our page.

3) Submit one post
each week to increase
your odds of winning!

[Go to our Facebook
Page now!](#)



*Contest runs from April 11
to May 13. Winners will be
selected by Alamance
Regional LifeStyle Center
dietitians and exercise
specialists. Contest is run
exclusively by Alamance
Regional and has no
affiliation to Facebook.*

Alamance Regional Medical Center • PO Box 202 • Burlington, NC 27216

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