



# Metropolitan Hospital Center Learn With Us

## Back-to-School: Staying Healthy for Kids and Adults

Jason Mack, MD will discuss how to prepare your children for the school year and how to keep them healthy. He will talk about ways to avoid infections and the importance of proper hand washing. Learn about exercise and nutrition, including the important role a good breakfast plays in a child's day.

Dr. Mack is an Attending Physician in the Department of Pediatrics at Metropolitan Hospital Center.

**We encourage you to bring  
your children!**



**Tuesday, September 25, 2012  
3:30 PM — 4:30 PM**

Metropolitan Hospital Center  
Conference Room 1B35

After-school snacks provided.

*Free event. All are welcome.*

*Metropolitan Hospital Center hosts monthly informational sessions on important health topics impacting our community. Participants have the opportunity to meet doctors and clinical experts from various areas.*