



The University of Oklahoma, Schusterman Center - 4502 E. 41st Street - Tulsa, OK-74135-2512 - (918) 660-3000

September 16, 2010

Dear Sooner:

The University of Oklahoma School of Community Medicine is proud to offer another outstanding MINI-MED SCHOOL lecture series, planned for October 12 and 19, 2010: ***Making a Healthy Difference in the Quality of Your Life***. I extend a special invitation to you to attend these sessions *free of charge*.

October 12 *The Future of Health Care*

Gerard Clancy, M.D., President, OU-Tulsa

Community Health and Wellness/Social Influences:

We Have To Take Care of Ourselves and Our Community

Jennifer Hayes-Grudo, Ph.D., George Kaiser Family Foundation Chair of Community Medicine and Professor, Internal Medicine

October 19 *Exercise: Calories In – Calories Out*

Lamont Cavanagh, M.D., Director, Center for Exercise and Sports Medicine and Associate Professor, Family Medicine

David Brennan, Instructor, Center for Exercise and Sports Medicine

Breaking the Sleep Barrier

Kim Coon, Ph.D., Diplomate, The Academy of Cognitive Therapy and Associate Professor, Psychiatry

The OU School of Community Medicine and its physician practice, OU Physicians, are committed to improving the health of our community. Each session contains helpful information for you, your spouse and anyone interested in the latest medical information on these important health-related topics.

The program begins at **6 p.m. in Perkins Auditorium of the OU-Tulsa Schusterman Learning Center** at 41st and Yale. Signs will be posted to help with directions.

To register, for accommodations on the basis of disability, or for more information, call Karen Mulkey at **(918) 660-3098**. You may register online at <http://tulsa.ou.edu/medschool.htm>. Since there is limited seating, registering will confirm your place, so please respond as soon as possible.

We hope you'll join us for what promises to be another interesting and helpful MINI-MED SCHOOL.

Sincerely,

F. Daniel Duffy, M.D.

Dean, OU School of Community Medicine