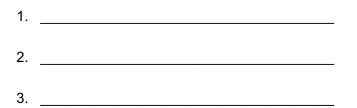
Be Prepared Fill in this card and bring it to your visit.

Today I want to talk about...



My questions are...

My health goals are...



Your next appointment is

Mon. Tue. Wed. Thur. Fri. Sat.

Date:_____

at: _____AM[] PM[]

