

Join us for one or all three special events held Upstairs at The Market in downtown Kinston from 6:30 - 8:00 pm. Have a conversation with top physicians, enjoy great food, mocktails, giveaways, and more. We look forward to seeing you there!

1 **OCTOBER 1**
TOP TO BOTTOM – Childbirth to mental health
Dr. Jamette Huffman – OB/GYN
Amy Kornegay – Physician Assistant, Family Medicine
Denise Davies – Certified Nurse Midwife

2 **OCTOBER 8**
KNOW YOUR NUMBERS – Blood work, heart and lung health
Dr. Shaniqua McGraw – Family Medicine
Dr. Julianna Barahonna – Pediatric/Adult Pulmonology
Lois Ann Sullivan – Cardiac Nurse Practitioner

3 **OCTOBER 15**
LIFESTYLE LESSONS – Stroke, food choices, exercises
Dr. Manasi Gahlot – Neurology
Mary Nocera – Registered Dietitian
Dr. Shaniqua McGraw – Family Medicine

**Contact blaroque@lenoir.org or call 252-522-7848 to RSVP
and reserve your spot. Each event is limited to only 30 guests.
Event address: 222 N Herriage St. Kinston, NC**



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