



SHOW OFF YOUR LEGS THIS SUMMER

CAN'T ATTEND?
WATCH THE LECTURE ONLINE.

Go to bch.org/livestream

FREE HEALTH LECTURE

Say goodbye to varicose veins

When Tuesday, Jan. 21, from 7 to 8 p.m.

Where Boulder Jewish Community Center, 6007 Oreg Avenue

With warmer weather, shorts, skirts and bathing suits ahead, it's time to finally feel comfortable with how your legs look and feel. Get rid of those varicose veins.

Our speaker is Dr. Jie Mao, who has treated more than 500 patients with varicose veins. She'll explain the causes of varicose veins and how they can lead to serious health problems. Then she'll describe self-care measures and minimally invasive outpatient procedures that can help your legs look and feel better.

RESERVATIONS REQUIRED:

bchlectures.org/varicose • 303-415-4212



Boulder Community Health (BCH) does not exclude, deny benefits to, or otherwise discriminate against any person on the grounds of race, color, or national origin, or on the basis of disability or age in admission to, participation in, or receipt of the services and benefits under any of its programs and activities, whether carried out by BCH directly or through a contract or any other entity with which BCH arranges to carry out its programs and activities.