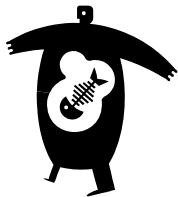


*Feel Good Friday:*  
*"Keep Your Gut in Good Order"*

*Concerned about digestive problems such as indigestion or constipation? Learn how to keep your digestive tract in good shape from Dr. Shakira Slater, Chief Resident Physician at Mountainside Family Practice.*



*Friday, March 26, 10 am*

*Caldwell Public Library  
268 Bloomfield Ave., Caldwell*

*RSVP: 973 403-0972*

*Feel Good Friday is a free series open to the community sponsored by Caldwell LIVE and the Caldwell Public Library in cooperation with Mountainside Hospital. March is National Colorectal Cancer Awareness Month so Mountainside Hospital will give free EZ Detect Kits.*

*Caldwell LIVE is a federal demonstration program whose goal is to help older adults remain in the community. This non-sectarian program is in partnership with the Borough and local organizations. Support provided by the US Administration on Aging and United Jewish Appeal; funded in part through a grant from the Mountainside Health Foundation.*