



Marketing & Public Relations, Inc.

**PRESS RELEASE:**

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For further information, please contact:

410-715-1060

**DR. TURNER INVITES WOMEN TO TRANSITIONS CHALLENGE**

Columbia, MD – Kimberly Moran Turner, MD and her staff are challenging Howard County women to join them in a “Transition To Better Health” Challenge intended to help all participants **manage their** weight and improve their health.

To kick-off the Challenge, Dr. Turner is hosting an FREE INFORMATION SESSION on Monday, March 12, 7:30pm, at her office in the Medical Arts Building at 11096 Little Patuxent Parkway, Suite 202

The Challenge, to which Dr. Turner and her staff are committed, includes a complete weight management program along with nutritional and emotional support, developed by Dr. Shari Lieberman, an internationally renowned weight management /health expert. Participants will learn about eating the low glycemic way, proper nutrition, and effective supplementation, as well as guidance, exercise, and stress reduction. The Transitions Challenge, which follows the open house, includes once-a-week classes (starting 3/19) that will provide research-based nutrition/health information, encouragement, and camaraderie.

Registration is requested by Thursday, March 8. To register, please call Dr. Turner’s office at 410-715-1060.

The OB/GYN practice of Kimberly Turner, MD & Associates opened in 2005 when Dr. Turner decided to return to her Howard County roots to care for women. Prior to opening her practice, she worked for a group OB/GYN practice in Baltimore City, where she delivered more than 1500 babies in 10 years. Dr. Turner’s practice is the only solo, female-owned OB/GYN practice in the county. For more information, contact Dr. Turner at 410-715-1060.

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