

**COSMETIC AND FAMILY DENTISTRY**



**Thalia Shirley, D.D.S.**

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**Ashly R. Cothorn, DDS, PA**



Dr Cothorn is one of a small distinguished percentage of dentists who have invested in postgraduate training at one of the world's premiere continuing education institutes, The Pankey Institute for Advanced Dental Education. We care about you as a unique individual and examine you in a way that together we can understand every aspect of your oral health. In our office we love what we do. NOW THAT IS SOMETHING TO SMILE ABOUT!

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**LICENSED COUNSELOR**

**DiDi Hudson Kidder, LCSW**



What does it take to be happy again? Some people know something is wrong in their lives and are ready to admit they need help. Maybe they think they can't afford help. Didi Hudson Kidder, LCSW established her practice to provide services according to what the client can afford to pay. Her professional services include individual or family sessions, short or long term therapy, and all sessions remain confidential. Specialties range from marriage counseling, relationship issues, compulsive disorder, mental or physical abuse and anger management.

4115 RAWLINS STREET  
DALLAS, TX 75219  
214-232-3439

**COSMETIC AND FAMILY DENTISTRY**

**Dena T. Robinson, DDS, FAGD**

*Fellow of the Academy of General Dentistry*

We've enjoyed our new location for the past year and are looking forward to another great year serving your dental community. It's a new year, and it's time for a new you. Let us help you make a difference in your life



[WWW.DRDENAROBINSON.COM](http://WWW.DRDENAROBINSON.COM)  
8940 GARLAND RD., SUITE 200, DALLAS, TX 75218  
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**OPTOMETRIST**



**Dr. Clint Meyer**

[www.dallaseyeworks.com](http://www.dallaseyeworks.com)

Are you tired of always having to reach for your reading glasses or tilting your head back with you bifocal glasses to strain at the computer screen? Come in to Dallas Eyeworks where Dr. Meyer can help you with the latest generation in bifocal contact lenses, even if you have astigmatism or dry eyes! Call for a convenient appointment.

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**FAMILY PRACTICE**



**Jays shri Chasmawala, D.O.**

[www.geocities.com/purehealthfpc@sbcglobal.net](http://www.geocities.com/purehealthfpc@sbcglobal.net)

February is Heart Month. Heart disease remains a leading cause of death in the US. Adding more activity in your daily routine may reduce stress, increase energy, improve sleep and digestion. Balanced meals and snacks may reduce your risk of heart disease and stroke by helping you to increase your intake of heart-healthy nutrients, manage your weight, blood pressure, your blood sugar levels, and lower your cholesterol. Before starting a physical activity program, its best to speak to your healthcare provider first to discuss what is right for you.

PURE HEALTH FAMILY PRACTICE  
1911 ABRAMS PKWY., STE. ADALLAS TX 75214  
214-824-6700

**WEIGHT LOSS**



**Dr. Jeremy S. Webster**

*Chiropractor*

STUBBORN WEIGHT LOSS? Have you tried to lose weight and failed? Or have you lost weight only to gain it back? You might have an imbalance in your metabolism. Dr. Webster will evaluate many aspects of your metabolism including adrenal and thyroid function, toxicity, sleep habits, sugar metabolism, hormones, and more to determine which system is preventing you from losing weight and keeping it off. The individual treatments are safe, natural, and they work!

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