



2009 Retiree Phone-In Health Education Schedule

(subject to change)

Unless otherwise noted, all presentations are scheduled for
2 pm Eastern/1 pm Central/11 am Pacific Time

March 25 – *Take Action Against Arthritis*

May 27 – *Top Ten Ways to Reduce Your Cancer Risk*

July 29 – *Act in Time to Heart Attack Signs*

September – *Influenza & Colds – Protect Yourself!*

November – *Bandages, Broken Bones, & Bellyaches: How to Handle the Most Common Ailments*

Open to all Dow, UCC, DAS, and Rohm & Haas retirees

Specific dates will be posted by the first of each month, and presentation materials will be posted at
least 10 days in advance to view and/or print.

Go to www.DowFriends.com, Click on Healthy Living, then Upcoming Events.

To participate, call the Toll Free Conference Number: 1-866-803-2146

After a brief silence, you will hear the voice prompt to enter the passcode:

Call In PassCode: 9327626#

You will hear “Your passcode has been confirmed...” and then you will be connected to the call.

Health presentations delivered live by
a health professional – wherever you
have access to a phone.

