Win a fabulous trip to two in Lima and Casco, Peru!—the primary entry point to Machu Picchu

Enjoy 5-nights at JW Marriott Luxury Hotel Properties

Your week in Peru will start with two nights in Lima. In Lima, you will experience the true heart of the city, with its bustling streets and vibrant culture. You will also have the opportunity to visit the iconic Miraflores district of Lima, which is known for its stunning views of the city.

Then, you will fly to Casco, the capital city of Panama, which is located on the eastern side of the Isthmus of Panama. Casco is known for its colonial architecture and its vibrant street life, which is perfect for a relaxing and enjoyable stay.

Only 300 tickets available, but buy as many as you like

Winner will be drawn July 21st

You must be 21 years old

ACCOMMODATIONS PROVIDED BY

JW MARriott

Corus Airlines

Questions?

Contact Alicia Nino at 703-978-3242, ext. 121 or aliciannino@arlingtonfreeclinic.org

CELEBRATING 20 YEARS
The Arlington Free Clinic, a community health center, is located in Thomas Jefferson Middle School. Over the past 20 years, we've moved in and out of spaces, added programs and expanded services. Thousands of new patients, volunteers and partners have joined us along the way, all playing an important part in driving our mission forward. 

A PATIENT'S STORY: LIVING AND THRIVING

A 18-year-old girl named Nani had been living with cancer for 18 years. Her doctor referred her to Dr. Galindo, who is known for his compassionate care and his ability to relate to patients. Under his care, Nani was able to continue her education and pursue her dreams. Dr. Galindo is a true exception to the stereotypes that people have about doctors. He is always there for his patients, even when they need him the most.

With Galindo under AFC's care, Nani could finally focus on her schoolwork. She was able to attend classes, make friends, and finally have a normal teenage life. As a result of his care, Nani is now a thriving student, living a healthy and fulfilling life. She is grateful for the compassionate care she received from Dr. Galindo and the Arlington Free Clinic, and she continues to be an inspiration to others.

We invite our readers to join us in supporting the Arlington Free Clinic, which is currently facing financial challenges. Your donation will help us continue to provide care for patients like Nani, and ensure that the Clinic can continue to serve the community.

Thank you for your support!

Online at arlingtonfreeclinic.org or by phone at 703-527-8600

www.arlingtonfreeclinic.org

FREE CLINIC OFFERS HEALTH AND CARE TO THE POOR

The Virginia Free Clinic offers health and care services to the poor and uninsured. They provide services to individuals and families who cannot afford medical care. The Clinic is located in the Washington D.C. metropolitan area, and serves individuals who live in the surrounding communities.

The Clinic offers a range of services, including primary care, mental health, and dental care. They also provide specialists services, such as dermatology, gynecology, and pediatrics. The Clinic is open to all individuals, regardless of their ability to pay.

The Virginia Free Clinic is a non-profit organization, and relies on donations and grants to support its mission. They are grateful for the support of their donors, and are always looking for new ways to increase their impact.

Thank you for your support!

Online at vafreeclinic.org or by phone at 800-999-1234

www.vafreeclinic.org

NEWS

20TH ANNIVERSARY

Arlington Free Clinic celebrates its 20th anniversary with a special event. The event will feature guest speakers, a panel discussion, and a celebration of the Clinic's accomplishments over the past two decades.

The event will be held on October 10th, at 6:30 PM, at the Arlington Free Clinic in Thomas Jefferson Middle School. Tickets are available online at arlingtonfreeclinic.org, or by phone at 703-527-8600.

We hope to see you there!

Online at arlingtonfreeclinic.org or by phone at 703-527-8600

www.arlingtonfreeclinic.org
A REPORT FROM OUR MEDICAL DIRECTOR

Joan B. Becker, MD, F.A.C.C.

Inflammation is no longer the enemy.

One of the main reasons we call our medical director, Dr. Joan B. Becker, to speak to our patients is that she is an expert in inflammation and its role in cardiovascular disease. She has spent decades researching and treating inflammation, and she knows all about the importance of keeping inflammation in check.

Dr. Becker is a pioneer in the field of cardiovascular disease prevention and treatment, and she is a leader in the study of inflammation as a risk factor for heart disease. Her work has helped to change the way we think about the relationship between inflammation and the risk of heart attack, stroke, and other chronic diseases.

Dr. Becker's research has shown that inflammation plays a key role in the development of heart disease, and she has helped to identify new treatments and prevention strategies that can help to reduce inflammation and improve heart health.

Dr. Becker's expertise in inflammation and its role in cardiovascular disease makes her an excellent resource for our patients. If you have any questions or concerns about inflammation and your heart health, we encourage you to reach out to Dr. Becker for guidance and support.

We hope you find Dr. Becker's insights as enlightening as we do. If you have any further questions, please don't hesitate to contact us.

Sincerely,
[Your Name]
[Your Position]

20th Anniversary Celebration

We're all preparing for a special event at The Center for Aesthetics and Wellness: the 20th Anniversary Gala. This event is a thank you to everyone who has supported us over the past 20 years, and we're looking forward to celebrating with you.

The gala will feature live entertainment, a delicious dinner, and a chance to reconnect with old friends and make new ones. We hope you can join us for this special occasion.

Mark your calendars!

10.18.14

[WHY I VOLUNTEER]

By Eugene K. Sohn, MD, F.A.C.C.

I am writing from a cabin in northern Arizona where I am deployed as a chaplain in the U.S. Army. When not deployed, I work as a volunteer at the American Red Cross and as a volunteer chaplain at Phoenix VA Medical Center.

I chose to volunteer my time and experience in serving a larger population of veterans and cut back on my daily military duties, so I could spend more time with veterans and their families. I have served in several overseas locations, and I have been deployed to Iraq and Afghanistan.

On my recent tour, I was struck by the need for more veteran chaplains in our military. I have seen first-hand the impact that spiritual support can have on a veteran's experience. I have spoken with veterans who have shared their stories with me, and I have been moved by their resilience.

I believe that everyone deserves to have access to the support and care they need, and I am proud to be a part of this mission.

Thank you for your support of our military personnel.

Eugene K. Sohn, MD, F.A.C.C.

Community Council

Johanna S. Brinkley

Gretchen Godley

Lawrence Chang

Beverly Flett

N. Thomas Connolly, MD

Patricia A. Veitch

Judy Hafele

Dennis Gulotta

Immacolata Incha

Toni, Edward M. Holland, MD

Juli A. Houghton

Rev.Andrew T. Murphy

Tad Murovich

John Uphold

Cheryl L. Hudson

Hannah Svendsen

Marie D. Straub, MSN

Claire-Anne Styles, MD

Kristen W. Stoddard

Bob Singer, Stephen, MD

George W. Tuggle

Confidentiality

Raffle Ticket Order Form

Raffle tickets can be purchased online at www.waitingonseeds.com, click “Tito Raffles” on the right. Fill in the below information and send to AFC in the enclosed envelope.

Name: __________________________

Address: _________________________

City: ____________________________

State: __________ Zip: __________

Email (you will receive your ticket number by email): __________________________

Number of tickets per person: __________________________

Opt-out: I do not want to receive any emails from AFC in the future.

Total # of tickets purchased: __________________________

Form of Payment:

[ ] Check [ ] Money Order [ ] Visa [ ] American Express

Cash and Cashier Checks

Raffle Deadline: November 28th

Payment: Secure Code

Note: All contributions are tax-deductible to the fullest extent of the law.