



2017 Health & Wellness Events

Presentations at Marcus Daly Memorial Hospital - FREE

Location: Blodgett & Canyon Conference Rooms

Time: 5:30pm to 6:30pm, doors open at 5:00pm

Thursday, October 12th - Your Health is Important to Us

Enjoy this 2-part series panel discussion and learn how to maximize your benefits, simplify Medicare and manage chronic care diseases. Get the most of your primary care provider visit; become a more active partner in your health care. Bring your questions because we want you to be empowered to improve your health!

- Engage in Your Health - Allen "Woody" Jones, MD, Bitterroot Physicians Clinic
- Do you have a Primary Care Provider - April Weinberger, MD, Corvallis Family Medicine
- Unravel the Health Insurance and Medicare Benefits - Ravalli County Council On Aging

Before the discussion, visit the booths: Meet Primary Care Providers (Griffin, Conroy, Shanahan, Herczeg) from each primary care clinic, MyHealth, Schedule a Wellness Visit, Council on Aging services

Thursday, November 2nd - Manage Your Health

Enjoy the 2nd part of the panel discussion. Learn how nutrition, stress and the environment can bring on and advance chronic health conditions. Take simple steps to avoid and or control your cholesterol, diabetes, arthritis and to take control of your health.

- Blood Pressure, Cholesterol & Your Heart - Anthony Navone, MD, MDMH Cardiology, Heart Institute
- Manage Your Diabetes - Providence Medical Group, Endocrinology, (TBC)
- What is Chronic Care Management - Stacie Epling, RN, Marcus Daly Chronic Care Management

Before the discussion, visit the booths: Blood Pressure Station, Diabetic Health Education, MyHealth, Schedule a Wellness visit, Chronic Care Management

Thursday, December 14th - Journaling Makes a Difference!

You are your best detective. Learn how to empower yourself to capture patterns, signs, symptoms and more through journaling! This powerful class will help you to navigate your health, identify when life is overwhelming and teach you how to take control! Enhance your diet, get moving and destress with just a few minutes a day!

- Rebecca Conroy, FNP, Bitterroot Physicians Clinic North

Thursday, January 11th - Debunking Diet Myths

Diet, diet and more diet! How do you do your diet? A healthy diet is one that helps to maintain or improve overall health. This class will unravel the diet clutter and myths between the American, Mediterranean, paleo, dash and other diets, and teach you how to keep it simple and healthy!

- Katie Herczeg, FNP, Bitterroot Physicians Clinic South

Thursday, March 8th - Dynamic Stretching for Balance and Back Health!

Do you struggle with balance? Do you feel stiff? Is your activity level declining? You can stretch safely anytime, anywhere and have fun doing it. Come prepared to practice stretching as we learn how to do it safely for maximum results, in the least amount of time!

- Holly Jarvis, PT, cPT and Missy Frank, PTA, Marcus Daly Rehabilitation Services

Thursday, April 12th - Learning your Labels and Rethinking Your Drink

Learn how reducing sugar, high fructose corn syrup and saturated fat can reduce you and your family's weight, cholesterol and stress and get your diabetes under control! Flavor infused water will be served!

- Cindy Rupp, RN, MDMH Diabetic Health Educator;
- Janelle Campbell, MS, RD, CDE, Registered Dietitian



HEALTH & WELLNESS MINISTRY FALL EVENTS 2017
at St Francis Pastoral Life Center - 411 S. 5th St, Hamilton



NEW! Coming Soon! TAI CHI – come enjoy this gentle ‘martial art’ exercise for body, mind, and spirit! Strongly recommended by health care providers to help with arthritis, diabetes, fibromyalgia, dementia, etc. Free (donations appreciated)

TAI CHI - Starting October 12th Thursdays - 4pm at St Francis Pastoral Center

TAI CHI - Starting October 20th Fridays - 1pm at St Francis Pastoral Center

FLU SHOTS Flu Shots administered at St Francis & St Philip after Masses by OSCO Pharmacist

Saturday, October 7, 6:30pm after Mass during Snack & Chat – St Francis Pastoral Life Center

Sunday, October 15, 8:30am & 10am after Mass – St Francis Pastoral Life Center

St Philip - Sunday, October 15, 12pm after Mass at St Philip

Open to everyone over 12 years old. All insurances welcome. Please bring all insurance cards (Red, white, blue card), Medicare, Medicaid, and others. Cash okay too. Any questions, please call 363-1385



FREE PRESENTATION: Data Breaches & Identity Theft: How to Protect Yourself!

by Katie Huff, October 11, 3pm, St Francis Pastoral Center.

Keep your private information PRIVATE! Especially in light of the Equifax data breach, learn how to protect yourself in this risky technological/internet business world. Questions? Please call 363-1385.



CHAIR YOGA – **Wednesdays at 12pm at St Francis (RCIA Room)** FREE (donations appreciated)

-- NOTE: starts at 1PM on the 2nd Wednesday after Ladies Luncheon