

2017 Health & Wellness Presentations
at Marcus Daly Memorial Hospital
Blodgett and Canyon Conference Rooms

Thursday, January 12th – 5:30-6:30pm - Healthy Weight Matters!

April Weinberger, MD, Corvallis Family Medicine

Ready to stop the holiday indulging? Learn ways to manage your weight and diabetes with tips on meal planning, savory and smart recipes and curbing the cravings. Include recipes for attendees to take home.

Thursday, February 9th - 5:30-6:30pm - Heart Health Matters!

Anthony Navone, MD, Marcus Daly Cardiology Clinic and International Heart Institute

Learn about heart healthy nutrition! What you eat and how much of it matters to your heart. This class is designed for anyone diagnosed with cardiac disease or those just looking to improve their diet. You will learn the latest on reducing the risk of cardiac disease through proper nutrition, including what fats actual do to your body, the difference between cholesterol & fats, & more!

Thursday, March 9th - 5:30-7pm - Bone Health Matters!

Anne Weinberger, ANP, Bitterroot Physicians Clinic

Osteoporosis disease has a direct correlation with diet, exercise, and overall health. Start the conversation with your family, low bone mass and osteoporosis is on the raise in younger ages. Healthy habits are critical in avoiding and controlling this debilitating disease. Learn how to determine bone mass, get tips on having healthy bones and ways to avoid bone fractures. Get your posture checked, starting at 4:45pm.

Thursday, April 13th - 5:30-6:30pm - Eye Sight Matters!

Mark Calderwood, MD, Bitterroot Valley Eye Associates

Age can bring changes to your eyesight. Learn how your weight, diabetes and overall health can impact your eye health. Leave with nutrition and eye care tips to protect your vision as you age and how the common eye problems can be easily treated. Get your eye sight checked, starting at 4:45pm.

Contact MDMH at 363-2211 or visit mdmh.org/hes for more information.