

Wellness Wednesday Lunch & Learn Series

Your ticket to wellness ...

Join Lakeview Medical Center's Health Promotions Team and Marshfield Clinic physicians at this special series, and learn all about wellness and how to achieve it and maintain it!

When: First & Third Wednesdays, Sept. 2 - June 16
Beginning at 12:30 p.m.

Cost: \$3 (for lunch)

Location: Marshfield Clinic Lakewoods Conference

Registration: Pre-registration required.
To register, call 236-6408.

Upcoming dates & speakers

Jan. 6 12:30 - 1:15 p.m.

Dr. William Smith presents
"10 Years Younger"

Jan. 20: 12:30 - 1:15 p.m.

Dr. Jonathon Delf, DDS, presents
"Oral Health and Heart Disease"
1:15 - 2 p.m.

Char Mlejnek presents "The Dangers of 2nd Hand Smoke
On Your Health"

Feb. 3: 12:30 - 1:15 p.m.

Linda Avery-Patz, EMT-P, presents
"Emergency Care and You - a guide to pre-hospital care"

Feb. 17: 12:30 - 1:15 p.m.

Dr. Alaoua presents
"Diagnosis of Heart Disease"
1:15 - 2 p.m.
Stephanie Fleming presents "Stress, Who Me?"



Lakeview
Medical Center