

Sharp Rees-Stealy at Scripps Ranch presents:

Health Matters

Fall Health Education Seminars



Wednesday October 7 · 5 to 7:30 p.m. Open House Meet Sharp Rees-Stealy at Scripps Ranch physicians, tour the state-of-the art facility, receive free cholesterol and blood pressure checks and learn about the programs and services that Sharp Rees-Stealy has to offer. FREE seasonal flu vaccines for the first 300 adults to register.	Wednesday October 14 · 6 to 7 p.m. Living with Arthritis Learn how arthritis is diagnosed and treated, along with tips on how to stay active with arthritis. Thomas Adamson, M.D., Rheumatology and Musculoskeletal Medicine	Wednesday October 21 · 6 to 7 p.m. Adolescent Depression Learn how to spot the signs of depression in adolescents, the latest treatment options, and how parents can communicate with their children about depression. Jana Horowitz, Psy.D., Sharp Mesa Vista Hospital	Wednesday October 28 · 6 to 7 p.m. Healthy Eating in a Fast-Food Society Learn how to determine your calorie budget, how to make healthier food choices while dining out and the top 10 foods you should never eat. Kelly Dutcher, R.D., Sharp Weight Management and Health Education
Wednesday November 4 · 6 to 7 p.m. <i>Encore Presentation</i> Your Skin At Every Age As your skin changes with age, so should your skin-care regime. Learn decade-by-decade skin-care techniques for optimum skin quality. Curt Littler, M.D., Center for Cosmetic and Laser Surgery	Wednesday November 11 · 6 to 7 p.m. <i>Encore Presentation</i> Memory Loss: Is It Time To Worry? Almost everyone will experience memory loss as they age, but knowing the difference between normal memory loss and dementia can make a difference. Patrick Huott, M.D., Neurology	Wednesday November 18 · 6 to 7 p.m. Advances in Prostate Cancer Treatment Options Learn about the latest surgical treatment options available for prostate cancer including the da Vinci® Surgical System and the Novalis® Shaped Beam Surgery. Lori Hergan, M.D., Sharp Rees-Stealy Urology Geoffrey Weinstein, M.D. Sharp-affiliated physician	

Space for these programs is limited, so reserve your place today. To register, visit www.sharp.com/srs or call **1-800-82-SHARP** (1-800-827-4277).

Enjoy refreshments and receive a gift bag just for attending.

10670 Wexford Street
East of I-15, just off Scripps Poway Parkway and Scripps Summit Drive

SHARP Rees-Stealy
Medical Centers



Sharp HealthCare