

Sharp Rees-Stealy at Scripps Ranch presents:

Health Matters

Fall Health Education Seminars



<p>Wednesday October 7 · 5 to 7:30 p.m.</p> <p>Open House</p> <p>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.</p> <p>FREE seasonal flu vaccines for the first 300 adults to register.</p>	<p>Wednesday October 14 · 6 to 7 p.m.</p> <p>Living with Arthritis</p> <p>Learn how arthritis is diagnosed and treated, along with tips on how to stay active with arthritis.</p> <p>Thomas Adamson, M.D., Rheumatology and Musculoskeletal Medicine</p>	<p>Wednesday October 21 · 6 to 7 p.m.</p> <p>Adolescent Depression</p> <p>Learn how to spot the signs of depression in adolescents, the latest treatment options, and how parents can communicate with their children about depression.</p> <p>Jana Horowitz, Psy.D., Sharp Mesa Vista Hospital</p>	<p>Wednesday October 28 · 6 to 7 p.m.</p> <p>Healthy Eating in a Fast-Food Society</p> <p>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.</p> <p>Kelly Dutcher, R.D., Sharp Weight Management and Health Education</p>
<p>Wednesday November 4 · 6 to 7 p.m.</p> <p><i>Encore Presentation</i></p> <p>Your Skin At Every Age</p> <p>As your skin changes with age, so should your skin-care regime. Learn decade-by-decade skin-care techniques for optimum skin quality.</p> <p>Curt Littler, M.D., Center for Cosmetic and Laser Surgery</p>	<p>Wednesday November 11 · 6 to 7 p.m.</p> <p><i>Encore Presentation</i></p> <p>Memory Loss: Is It Time To Worry?</p> <p>Almost everyone will experience memory loss as they age, but knowing the difference between normal memory loss and dementia can make a difference.</p> <p>Patrick Huott, M.D., Neurology</p>	<p>Wednesday November 18 · 6 to 7 p.m.</p> <p>Advances in Prostate Cancer Treatment Options</p> <p>Learn about the latest surgical treatment options available for prostate cancer including the da Vinci® Surgical System and the Novalis® Shaped Beam Surgery.</p> <p>Lori Hergan, M.D., Sharp Rees-Stealy Urology Geoffrey Weinstein, M.D. Sharp-affiliated physician</p>	

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