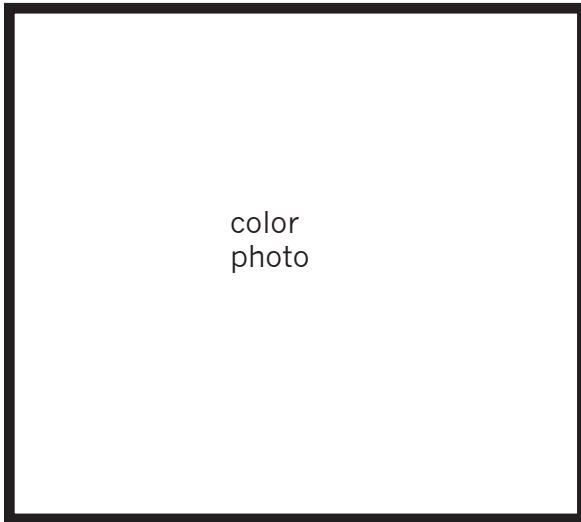


LIVING WELL

Charlotte Hungerford Hospital Health Seminars
Information, education, and ideas for living well

October Calendar of Events 2011



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A series of free health seminars to help you
feel better and live well.

1-800-496-9000

Call for more information or reserve a seat

Charlotte Hungerford Hospital Health Seminars
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BACKCARE WITH REAL BACKBONE

Back Care Basics

In “Back Care Basics” experts will discuss surgical intervention, plus more conservative treatment (which does not have to mean “non-aggressive”). You will learn about:

- new pharmacological therapies for low back pain
- how injection therapy works for low back pain
- various other complementary low back treatments

Date: Thursday, October 5

Time: 7-9 pm

SAFER USE OF MULTIPLE MEDICATIONS

Medication Review Day

If you’re taking multiple medications, and have difficulty keeping them organized, join us at “Medication Review Day.” Bring in all your prescriptions and non-prescription medications and Joel Giuditta, RPH at Charlotte Hungerford Hospital will give you personalized guidance on:

- drug interactions and daily schedule needs
- possible side effects from drug combinations
- plus! A personalized prescription chart will be specially designed for you

Date: Friday, October 6

Time: 10 am-3pm

HEALTHY SEASONS EATINGS

Holiday Cooking Demonstrations

Holiday eating can be festive as well as healthy. As part of a series of “Holiday Cooking Demonstrations,” Registered Dietitian, Dalia Dvoretzky, along with local caterers, will cook up delicious apple recipes for the holidays such as:

- tangy apple cider
- mouth-watering apple strudel
- and luscious apple stuffing

Date: Thursday, October 23
Time: 7-9 pm

HEARTBURN, ACID REFLUX AND ESOPHAGITIS

Putting Out The Fire Of Hearburn

Over 60 million Americans report a problem at least once a month with heartburn. In this seminar on “Heartburn, Acid Reflux and Esophagitis,” medical and nutritional experts will discuss:

- the role of chocolate, peppermint, caffeine, alcohol, aspirin and tobacco on acid reflux.
- how lifestyle modifications can control acid reflux.
- how a physician can help manage GERD (Gastric Esophageal Reflux Disease) with proper tests and medication

Date: Tuesday, October 28
Time: 7pm-9pm

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