

March 27, 2007 WASHINGTON HOSPITAL OFFERS A VARIETY OF FREE CLASSES AND SCREENINGS THIS SPRING

Washington Hospital's latest quarterly Health & Wellness Catalog is now available. The free catalog is a great tool for navigating the large amount of useful classes and programs offered by your local community hospital. Highlighting the 12 page format is a section dedicated to services and programs offered at the new Washington Women's Center and a spotlight article detailing a free monthly diabetes education class and support group offered through Washington Hospital's Diabetes Services department.

The Health & Wellness Catalog contains a complete list of upcoming classes from April through June. The catalog also serves as a helpful resource for taking full advantage of your community hospital's other community services and top-notch medical programs.

Inside the quarterly catalog you will find:

- A list of free community classes and seminars
- Community services, such as the Washington Community Health Resource Library and Washington on Wheels (W.O.W) Mobile Health Clinic
- Health & Wellness education, from diabetes self management to pulmonary rehabilitation
- Maternal health classes and parenting classes, including a free support group for new moms and two new classes focusing on baby sign language and how to use devices to carry babies while you are out and about
- Free community health screenings, including skin screening, blood pressure screening, osteoporosis screening and a peripheral vascular disease (PVD) screening that checks for any artery blockages in your lower extremities
- Support groups for those living with different conditions and illnesses, such as Parkinson's Disease, cancer and grief support for those suffering the loss of a loved one
- Directory of services, complete with program descriptions and phone numbers
- Washington Hospital campus map and directions to Washington Hospital Clinics located in Warm Springs, Newark, Union City, and Fremont

The free Health & Wellness classes and screenings are conducted by the physicians and caregivers of Washington Hospital. These classes are now being held in two different locations - at the Conference Center adjacent to Nakamura Clinic, Union City, located at 33077 Alvarado-Niles Road and Conrad E.

Anderson, M.D. Auditorium, Washington West, 2500 Mowry Ave., located across the street from the main hospital.

The catalog's cover photo features the Washington Hospital's Stroke Program. Stroke Program Medical Director, Ash Jain, M.D., Cardiologist and Stroke Program Coordinator, Douglas Van Houten, R.N., are currently presenting a series of free monthly seminars designed to educate the public about stroke prevention, symptoms and what to do if you are experiencing signs of stroke. The next Stroke Education Series seminar takes place on Tuesday, April 3 from 6 to 8 p.m. at the Conrad E. Anderson, M.D. Auditorium at Washington West (2500 Mowry Avenue.)

The spring quarter of the year offers a variety of classes - from learning more about non-surgical treatment of knee, shoulder and back pain to the prevention and treatment of skin cancer. (See the box on this page for more details.)

For a healthier tomorrow for you and your family, call Washington Hospital's Health Connection line at (800) 963-7070 to have a free copy of the new Health & Wellness Catalog mailed to your home.

Two other great resources for making the most of your hospital are the Website, www.whhs.com, and InHealth, a Washington Hospital Channel on Comcast 78. To see a complete listing of InHealth's upcoming programming, see the schedule in this section or visit the Website. InHealth regularly airs community education classes for convenient viewing from your home in case you cannot attend a particular class.

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Upcoming Health & Wellness Classes

To register for upcoming classes, call (800) 963-7070. Classes are held at the Conference Center adjacent to Nakamura Clinic, Union City, located at 33077 Alvarado-Niles Road and Conrad E. Anderson, M.D. Auditorium, Washington West, 2500 Mowry Ave.

Diabetes Type 1 & 2

Tuesday, April 3, 1 to 4 p.m.

Conrad E. Anderson, M.D. Auditorium (Rooms A, B & C)

Non-Surgical Treatment of Knee, Shoulder and Back Pain

Monday, April 16, 1 to 2 p.m.

Conrad E. Anderson, M.D. Auditorium (Rooms A, B & C)

Prevention and Treatment of Skin Cancer

Tuesday, May 22, 6 to 7 p.m.

Conrad E. Anderson, M.D. Auditorium (Rooms A & B)

Peripheral Vascular Disease: Learn About Blood Flow in Your Legs

Tuesday, June 5, 1 to 3 p.m.

Conrad E. Anderson, M.D. Auditorium (Rooms A & B)

Systemic Lupus Erythematosus

Tuesday, June 12, 1 to 2 p.m.

Conrad E. Anderson, M.D. Auditorium (Rooms A, B & C)

West Nile Virus

Wednesday, June 20, 1 to 3 p.m.

Conrad E. Anderson, M.D. Auditorium (Rooms A & B)

First Aid, Pediatric Emergencies and When to Call an Ambulance

Tuesday, June 26, 6 to 7 p.m.

The Conference Center adjacent to Nakamura Clinic, Union City

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