

**** FREE Healthy Life Lesson ****
2nd Wednesday of each month at noon

Join us for a FREE Healthy Life Lesson on the 2nd Wednesday of each month. Seminars are open to everyone! A new “healthy living” topic will be presented each month.

Healthy Life Lessons will be held at the following locations:

- Main/East Side Clinic in the **Physicians Lounge** located on the 2nd floor.
- Old Mill Clinic in the **Deschutes Conference Room** located on the 2nd floor in Family Practice.

For more information on each month’s topic and to **register** for the event please visit the Bend Memorial Clinic website at www.bendmemorialclinic.com. Event information can be found on the **Upcoming Events Calendar**.

| Date & Time | Location | Topic | Speaker |
|--------------------------------------|----------------------------|---------------------------------------|--|
| January 13 th @ Noon | Main / East Side Clinic | New Year’s Fitness Goals | Monica McClain-Smith Juniper Swim and Fitness |
| February 10 th @ Noon | Main / East Side Clinic | The “Skinny” on Popular Fad Diets | Teresa Martin, RD, LD, CDE |
| March 9 th @ Noon | Main / East Side Clinic | Carbohydrate Addiction | Dr. Archer, MD |
| April 13 th @ Noon | Main / East Side Clinic | Carbohydrate Addiction - Part 2 | Vanessa Cobarrubia, RD |
| May 11 th @ Noon | Main / East Side Clinic | Advanced Body Composition | Dr. Carroll, MD |
| June 8 th @ Noon | Main / East Side Clinic | Get Your Greens On | Whole Foods Market |
| July 13 th @ Noon | Main / East Side Clinic | Skin Cancer Awareness & Prevention | Dr. Wisco, MD |
| August 10 th @ Noon | Main / East Side Clinic | Diabetes Prevention | Teresa Martin, RD, LD, CDE |
| September 14 th @ Noon | Main / East Side Clinic | Prostate Health | Dr. Simmons, MD |
| October 12 th @ Noon | Old Mill Clinic | Seasonal and Food Allergies | Dr. Williams, MD |
| November 9 th @ Noon | Main / East Side Clinic | Preparing For Disaster | American Red Cross |
| December 14 th @ Noon | Main / East Side Clinic | Overactive Bladder | Dr. Johnson-Mitchell |

** Please note that presentation topics and speakers are subject to change based on availability. We will do our best to notify you of changes in advance. **