

**PRESENTATIONS
ARE FREE!**

**KEEP THIS
SCHEDULE!**

It's All About You!

Waterbury Hospital 2009 Fall Speakers Series

PRE-REGISTRATION IS REQUIRED. SEATING IS LIMITED!

**** YOU MUST CALL (203) 573-7385 TO REGISTER FOR THESE CLASSES.****



Tai Chi Kickoff and Registration Sessions

Tue., Sept. 29, 2009, 1:30 pm-3:00 pm or 5:30 pm-7:00 pm

Pierce Reignier, Stillwater Meditation Center

Begin the season with an introduction to our new Tai Chi course. Registration to follow each session.

Prostate Cancer & Erectile Dysfunction

Wed., Sept. 30, 2009, 5:00pm - 7:00pm

Michael Flanagan, MD

Waterbury Hospital Chief of Urology

This seminar will discuss various symptoms, detection methods and treatments of prostate cancer and erectile dysfunction.

Tips on Healthy Living: Heart Care

Tue., Oct. 6, 2009, 1:30pm - 3:00pm

Sandra Micalizzi, APRN, CDE, Clinical Nurse Specialist,
Heart Center of Greater Waterbury

This seminar will educate you about heart healthy living.

VNA TeleHealth- Take Care of Yourself Every Day

Wed., Oct. 7, 2009, 5:00pm - 7:00pm

AnnMarie Garrison, RN, VNA Health at Home Executive
Director & **Jane Ambrozaitis, RN, MSN**, Clinical Manager

This seminar will look at the benefits of bringing a TeleHealth monitoring system into your home.

Balance & Fall Prevention

Thur., Oct. 15, 2009, 1:30pm - 3:30pm

Carol Walters, PT, & **Melissa Woundy, PT, MS**,
Access Rehab Centers

This seminar will show how you can greatly reduce the chance of a fall and correct your balance.

How to Deal with Female Incontinence

Thur., Oct. 29, 2009, 1:30pm - 3:00pm

Lisa Oliveira, APRN, MSN, Urology Specialists

This seminar will discuss causes, symptoms and treatment of female incontinence.

Depression, Bipolar Disorder and Mental Illness:

Everything you Wanted to Know

Wed., Nov. 4, 2009, 2:00pm - 3:30pm

Charles Atkins, MD, Waterbury Hospital Behavioral Health

This seminar will focus on mental health illnesses and treatments.

Mindful Eating

Wed., Nov. 4, 2009, 5:00pm - 7:00pm

AnnMarie Garrison, RN, VNA Health at Home Executive
Director & **Jane Ambrozaitis, RN, MSN**, Clinical Manager

This seminar will provide information on healthy food choices and the nutritional guidelines that should be followed.

Diabetes & Exercise

Thur, November 12, 2009, 1:30pm - 3:00pm

Mary Beth Olah, PT, & **Melissa Corriveau, PT, MS, DPT**,
Access Rehab Centers

This seminar will help you reduce your chance of obtaining Type 2 Diabetes.

Women and Smoking: Achieving the Ultimate Equality

Mon., Nov. 16, 2009, 5:00pm - 7:00pm

Kert Sabbath, MD, FACP, Harold LEEVER Cancer Center

This seminar will look at the special risks that smoking poses to women and their respiratory and reproductive health.

Tax Tips and Strategies to Save Money and Reduce Stress

Thur., Dec. 3, 2009, 1:00pm - 3:30pm

Jane Sabatini, CPA, Tax Partner, BlumShapiro

This session will provide you with steps to maximize your income tax savings.

Estate Planning Seminar

Fri., Dec. 4, 2009, 1:30pm - 3:00pm

Michael Reardon, Partner - Carmody & Torrance LLP.

This seminar will discuss wills, trusts and powers of attorney for those interested in planning or selling their estate.

Navigating the Medicare Part D Maze

Mon., Dec. 7, 2009, 1:00pm - 3:00pm

Eric H. Freedman, CHOICES Outreach Specialist,
Western Connecticut Area on Aging

This seminar will discuss options for your 2010 Medicare Part D Plan, as well as what the plan will cover and how much it will cost you.

Early Diagnosis and Treatment of Melanoma

Wed., Dec. 9, 2009, 5:00pm - 7:30pm

Scott Kurtzman, MD, Waterbury Hospital Chairman,
Department of Surgery

This presentation will discuss the cancer melanoma - from early diagnosis through treatment options.

What You Need to Know About Diseases of the Eye

Mon., Dec. 14, 2009, 5:00pm - 7:30pm

Richard Gilbert, MD, OptiCare

This seminar will focus on the diagnosis and treatment of various eye diseases.

What to Expect When You Call an Ambulance

Tue., Dec. 15, 2009, 1:30pm - 3:00pm

Jeremy Rodorigo, Community Relations Executive, AMR

This seminar will offer advice on how to prepare you and your family for a medical emergency.