

PUBLIC EVENTS

CANCER INFORMATION AND SUPPORT FOR PATIENTS IN RURAL COMMUNITIES

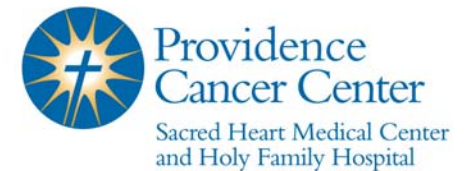
PROVIDED BY: PROVIDENCE CANCER CENTER— www.providencecancercenter.org

Cancer affects every part of a person's life . . . Emotional and spiritual health, family life, workload and planning for the future. We know that cancer care involves much more than just medicines, exams and treatments. That's why we offer you total support through cancer care specialists and a variety of other professionals.

This program is offered the 2nd and 4th Wednesday of each month, 4—5 PM.

For more information call:

Spokane: 474-5490 or Toll-free: (800) 228-6618



PARKINSON'S EDUCATION SUPPORT GROUP

PROVIDED BY: PARKINSON'S RESOURCE CENTER OF SPOKANE - www.spokaneparkinsons.org

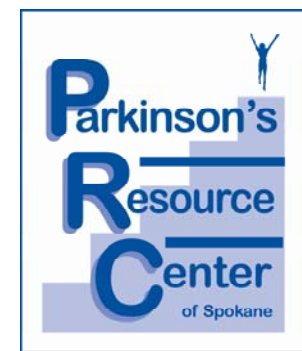
The Parkinson's TeleHealth program broadcasts live, interactive educational talks to connected rural communities in the Northwest. Guest speakers provide valuable information on topics that will help participants to improve their knowledge of Parkinson's disease and in turn their quality of life.

This program is offered on the 3rd Monday of each month, 2-4 PM

Location: St. Luke's Rehabilitation Institute, 711 S. Crowley, Room 200, Spokane, WA

For more information call:

Spokane MedDirect at (888) 258-9632 or E'lise Balogh at (509) 473-2490 (Monday—Friday, 7:30 AM—5:00 PM)



PUBLIC EVENTS

LIVING WITH ARTHRITIS

PROVIDED BY: COMMUNITY HEALTH EDUCATION & RESOURCES (CHER) - www.cherspokane.org

Free and open to the public—July 24, 2007 (Lunch will be served)

Presentation from 12:00—1:00 PM

Location: Holy Family Health Education Center

Pre-Registration is required: CHER at (509) 232-8138



LET'S TALK ABOUT STROKE

PROVIDED BY: COMMUNITY HEALTH EDUCATION & RESOURCES (CHER) - www.cherspokane.org

Stroke is the nation's third leading cause of death. Join us at this community health presentation to learn more about stroke prevention, detection, treatment, and rehabilitation.

Free and open to the public—August 21, 2007 from 6:30—8:30 PM

Dinner will be served 6:00—6:30 PM

Location: Sacred Heart Providence Auditorium

Pre-Registration is required: CHER at (509) 232-8138

CHOLESTEROL 101

PROVIDED BY: COMMUNITY HEALTH EDUCATION & RESOURCES (CHER) - www.cherspokane.org

Free and open to the public—September 12, 2007 (Lunch will be served)

Presentation from 12:00—1:00 PM Free Cholesterol Screenings from 1:00—2:00 PM

Location: Deaconess Health & Education Center

Pre-Registration is required: CHER at (509) 232-8138

PUBLIC EVENTS

DIABETES EDUCATION—COMMUNITY PRESENTATIONS

**PROVIDED BY: COMMUNITY HEALTH EDUCATION & RESOURCES (CHER) - www.cherspokane.org
THROUGH THE O.C. OLSON DIABETES EDUCATION CENTER**

CHER can help you better understand and manage diabetes through our comprehensive diabetes education program taught by registered nurses and dietitians who are certified diabetes educators, appointments are held at the O.C. Olson Diabetes Education Center at our sponsoring hospitals. Meetings are every Friday from 9:00—12:00 PM

For more information call: O.C. Olson Diabetes Education Center at (509) 232-8145



KIDS PUMP CLUB

PROVIDED BY: COMMUNITY HEALTH EDUCATION & RESOURCES (CHER) - www.cherspokane.org

Tired of injections? Pumps deliver insulin more like a healthy pancreas. Everyone interested in using this proven method for diabetes management is welcome to attend. This informal group shares one goal: To improve quality-of-life by living better with diabetes. Join us for the opportunity to learn how many people of all ages can achieve and maintain near-normal blood glucose control using an insulin pump and intensive management.

*Free and open to the public—August 28, 2007
Presentation from 6:00—7:30 PM*

Location: Valley Health and Education Center

Pre-Registration is required: CHER at (509) 232-8145

PUBLIC EVENTS

DIAGNOSIS: PRE-DIABETES

**PROVIDED BY: COMMUNITY HEALTH EDUCATION & RESOURCES (CHER) - www.cherspokane.org
THROUGH THE O.C. OLSON DIABETES EDUCATION CENTER**



Pre-diabetes affects more than 41 million Americans. Are you one of them? If you or someone you know is at risk for or has been diagnosed with pre-diabetes, please join us in learning more about the risk factors for pre-diabetes and what can be done to avoid the progression to Type 2 diabetes. All participants will receive a FREE Abbott Freestyle testing meter.

July 11, 2007

Presentation from 6:00-8:00 PM

Location: Holy Family Health Education Center

Cost is \$20. Pre-registration required call 232-8145

August 15, 2007

Presentation from 6:00-8:00 PM

Location: Deaconess Health and Education Center

Cost is \$20. Pre-registration required call 232-8145

September 5, 2007

Presentation from 6:00-8:00 PM

Location: Sacred Heart Medical Center

Cost is \$20. Pre-registration required call 232-8145

For more information on these programs please call: O.C. Olson Diabetes Education Center at (509) 232-8145

PUBLIC EVENTS

KNOW YOUR GAME PLAN

PROVIDED BY: COMMUNITY HEALTH EDUCATION & RESOURCES (CHER) - www.cherspokane.org

Do you have control of your type 1 or type 2 diabetes? Knowing Your Game Plan can help you manage your diabetes. The care and management of diabetes is changing as new therapies become available. This program, geared towards children, teens, and their parents, will improve participants' understanding of diabetes, introduce new devices and methods of administering insulin, as well as provide information on new blood glucose meters.

Free and open to the public—September 18, 2007

Presentation from 6:00—8:00 PM

Location: Holy Family Health Education Center

Pre-Registration is required: CHER at (509) 232-8145

ALS SUPPORT GROUP

PROVIDED BY: GREATER INLAND EMPIRE REGION—EVERGREEN CHAPTER - www.alsa-ec.org

Our chapter offers general support groups for people with ALS, their caregivers, and other interested people. Also available are caregiver specific support groups, survivor groups and support for teens who have been touched by someone in their family with ALS.

Meetings are every fourth Tuesday of the month at SHMC in the Mother Gamelin Center, Elizabeth and Emilie Rooms.

For more information call:

Deana for ALS Support in Eastern Washington at (509) 536-6585 or email at deana@alsa-ec.org



Lou Gehrig

Amyotrophic Lateral Sclerosis also known as "Lou Gehrig's Disease"