

Get Fit, Stay Healthy

Washington Hospital

Second Annual Men's Health Fair



Saturday, October 3, 2009
9 a.m. to 12:30 p.m.

Conrad E. Anderson, M.D. Auditorium
Registration starts at 8:30 a.m.
Call: (800) 963-7070 to register
or visit www.whhs.com

Schedule

Prostate Screening

11 a.m. to 12:30 p.m.
Must pre-qualify, no walk-ins
Call (800) 963-7070 to
register (separate registration)

Continental Breakfast

8:30 to 9 a.m.

Speakers

9 to 10 a.m.

Panel Discussion

10 to 11 a.m.

Health Fair

- 11 a.m. to 12:30 p.m.
- Educational booths
 - Balance, Flexibility & Core Strength Measurements
 - Blood Pressure Screening
 - Giveaways

Topics & Speakers

Men's Health Fair Moderator

Albert Brooks, M.D.
Chief of Medical Affairs
Washington Hospital Healthcare System

Lung Cancer, Chronic Obstructive Pulmonary Disease and Influenza

Jason Chu, M.D., Pulmonologist
Washington Hospital Medical Staff

Prostate Health and Cancer

Rao V. B. Sunkavally, M.D.,
Urologist
Washington Hospital Medical Staff

Sleep Disorders and How it Effects Your Overall Health

Nitun Verma, M.D.,
Sleep Medicine
Washington Hospital Medical Staff

Nutrition for Men to Reduce the Risk for Diabetes

Macaria Meyer, R.D., CDE
Clinical Registered Dietitian
Certified Diabetes Educator
Washington Hospital Healthcare System



Washington Hospital Healthcare System

Investing in the health of the community.