

Educating and Empowering U

2012 COMMUNITY WORKSHOP SERIES

4th Floor Conference Room, Boone County Hospital

Lunch will be provided, unless otherwise specified; 45 minute presentations.

Educating and Empowering U is a FREE series sponsored by the BCH Foundation.



January 17th, noon

“Alternative Treatments for Dealing with the Stress in our Bodies”

Michelle Ramsgate, Survival Fitness, LLC

Our bodies undergo stress in all forms. What is good stress and what is bad stress? How does stress affect our bodies? Michelle will cover alternative ways to deal with stress in your life.

February 21st, noon

“Heart Month”

Teresa Sieck, PA-C, Iowa Heart Center

Learn about risk factors for heart disease including family history, high blood pressure, poor diet, inactivity, high stress levels, diabetes, smoking, obesity, aging and gender. Teresa will discuss signs and symptoms of congestive heart failure, as well as treatment and prevention.

March 17th, 9 a.m. to 11 a.m.

“Babysitter Meet and Greet”

Facilitator, Sara Behn, BCH Foundation

Parents of young children and certified babysitters, this is your chance to meet! There will be an introduction from 9 to 10:30 a.m. and then open social time from 10:30 to 11 a.m. Children are welcome to attend with parents. Breakfast food will be provided. Space is limited to the first 20 babysitters and 20 families.

April 17th, noon

“How to Stay Young for the First 100 Years”

Dr. Brian Jestel, Boone Family Chiropractic

Dr. Jestel will teach you how to avoid and prevent spinal disorder so you can enjoy an extended life.

May 15th, noon

“Skin Cancer Awareness Month”

Dr. Kathy Cook, Skin Solutions Dermatology

Skin cancer is the most common form of cancer in the United States. Learn about prevention, identification, and treatment options.

June 19th, noon

“Health Wealth”

Troy Thompson, Thompson Financial and Weight Watcher Leader

Learn about overall health and the benefits of being at a healthy weight. Troy is a runner, bicyclist and leads the hospital's Weight Watchers meetings.

July 17th, noon

“Fall Prevention”

Jake Stotts, BCH Physical Therapy

Learn why falls occur and how to prevent them.

Jake will demonstrate exercises that emphasize flexibility and balance, and will discuss fall prevention and safety.

August 21st, noon

“Aging and Cognition: Tips for Brain Exercise and Fitness”

Dr. Jennifer Margrett, Iowa State University

During this interactive session, participants will discuss factors influencing thinking, problem solving in later life, and learn and practice tips for improving their mental state and memory.

September 18th, noon

“Current Treatment for Varicose Veins”

Dr. Firas Salti, M.D., McFarland Clinic

Learn about symptoms of varicose veins (leg pain, fatigue, cramping, restlessness, swelling, skin ulcers and discoloration), complications of the disease, and recent advances in treatment and prevention.

October 16th, noon

“Just the Facts on Diets”

Shelley Woodall, BCH RD, LD, and Connie Buss, BCH RD, LD, CDE

Learn about fads versus facts and the myths regarding weightloss. Shelley and Connie will walk you through some of the popular “diets” and the pros and cons. Discussion will include healthy eating with a whole-foods and sensible tips to maintain weight.

November 20th, noon

“Parkinson’s Disease”

Jake Stotts, BCH Physical Therapy

Parkinson's disease is a disorder of the brain that leads to shaking (tremors), difficulty in walking, movement, and coordination. Gain a better understanding and learn exercises that can help manage it.

December 18th, noon

“Things You Can Do Now to Improve Your Financial Health”

Troy Thompson, Thompson Financial and Weight Watcher Leader

Improve your financial literacy and get some practical tips to improve your financial health.