

WEDNESDAY Women's WORKSHOPS

HEALTHCARE
EDUCATION

JUST for YOU

Women's HEALTH

This series of FREE monthly seminars presents healthcare education on timely topics and concerns specific to health issues affecting women of all ages. Each event features special speakers and topics. Bring your girlfriends and join us for hors d'oeuvres, open conversation, pampering and exhibits!

WEDNESDAY, SEPTEMBER 7

Girl Power: How to Get Your Groove & Build Your Confidence

Kim Giles, CEO & Founder
Clarity Point Coaching Academy

WEDNESDAY, OCTOBER 12

The "Girls" Need a Mammogram

Breast Radiology
Brad Cruz, MD

Be Aware DOWN THERE: When Your Period is Not Just Your Period

Know the Signs & Symptoms of Gynecologic Cancer
Melissa M. Hardesty, MD, MPH

WEDNESDAY, NOVEMBER 9

Women & Chest Pain

Jennifer Dow, MD

TIME & PLACE

Refreshments & exhibits from 5:30-8 p.m.
Presentations begin at 6 p.m.
Schedule is subject to change without notice.
Alaska Regional Hospital, Ivy Room, First Floor
2801 DeBarr Road

RSVP

Call 264-1722 or visit alaskaregional.com to RSVP. Find us on Facebook for updates on scheduled and upcoming workshops.



Alaska Regional Hospital has been designated as a Center of Excellence in Minimally Invasive Gynecology (COEMIG). This designation recognizes surgeons and facilities that demonstrate an unparalleled commitment and ability to consistently deliver safe, effective, evidence-based care.



It's a brand new day