

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, 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

Heart attack signs in women may differ from those in men. Learn what subtle symptoms you should be aware of.
Jennifer Dow, MD, FACEP, FAWM

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 received national accreditation from the Society of Cardiovascular Patient Care for timely and effective treatment of atrial fibrillation, chest pain and heart failure.



It's a brand new day