



Women's Health Classes Winter 2008-2009 Community Health & Wellness Events


STILLWATER
MEDICAL GROUP
A member of Lakeview Health
Women's Center

Chronic Pain and Acupuncture

Tuesday, January 20, 6:30-7:30 PM

Stillwater Medical Group Women's Center (on the Lakeview Hospital campus)
Chronic pain can be debilitating. Acupuncture has proven itself to be greatly effective in reducing pain and enabling individuals get back to a more productive life. Join Amy Olson, licensed acupuncturist, to learn more about acupuncture for pain reduction.

Osteoporosis: How to Maintain a Healthy Lifestyle

Wednesday, January 28, 6:00-7:00 PM

Stillwater Medical Group Women's Center (on the Lakeview Hospital campus)
Stillwater Medical Group's Dr. Zis Weisberg and Melissa Frisvold, CNM, will discuss osteoporosis risk factors, screenings, treatment options and how you can prevent or manage osteoporosis through a healthy lifestyle. Visit www.stillwatermedicalgroup.com/osteoporosis to take a risk assessment.

Contraception Options and the New In-Office Tubal

Tuesday, February 3, 6:00-7:00 PM

Stillwater Medical Group Women's Center (on the Lakeview Hospital campus)
Join Dr. Christine Goudge and Dr. Brigette Ritter of Stillwater Medical Group as they discuss the latest information on birth control pills, the patch, IUDs and continuous birth control. Find out about a convenient procedure for permanent birth control called "Essure" that can be done in your doctor's office in about an hour. Learn more by visiting www.stillwatermedicalgroup.com/essure.

Tips for a Healthy Pregnancy

Tuesday, February 17, 6:00-7:00 PM

Stillwater Medical Group Women's Center (on the Lakeview Hospital campus)
Congratulations, you're pregnant! Now what? How much weight should you gain? What should you eat? Can you exercise? What about the environment? Get answers to these questions and more. Stillwater Medical Group's Dr. Andrea Tipple will show you how you can keep yourself and your baby healthy.

No More Leaks: Treatment for Incontinence

Wednesday, February 18, 6:00-7:00 PM

Stillwater Medical Group Women's Center (on the Lakeview Hospital campus)
More than one-third of women will experience bladder control problems. Diagnosing the type of incontinence is the first step. Stillwater Medical Group's Dr. Robert Hildebrandt and Kerry Weiss, physical therapist, will discuss urodynamics as well as the various treatment options, including medication, physical therapy techniques and surgery. Visit www.stillwatermedicalgroup.com/incontinence to find out more.

Infertility: Tips, Treatments and the New Infertility Program

Tuesday, February 24, 6:00-7:00 PM

Stillwater Medical Group Women's Center (on the Lakeview Hospital campus)
Join Stillwater Medical Group's Dr. Zis Weisberg and Bridget Bahneman, CNM, as they discuss Stillwater Medical Group Women's Center's new infertility program, along with lifestyle factors that have been shown to impact infertility, and the clinical process available to help you achieve pregnancy. Visit www.stillwatermedicalgroup.com/infertility for more information.

Abnormal Bleeding and Problem Periods: What Are My Options?

Wednesday, February 25, 6:00-7:00 PM

Stillwater Medical Group Women's Center (on the Lakeview Hospital campus)
Are your periods irregular, longer than usual or heavy? Join Dr. Brigette Ritter and Dr. Christine Goudge of Stillwater Medical Group as they discuss various treatment options and procedures that can be done in your doctor's office, providing a faster recovery saving you time and money. Learn more by visiting www.stillwatermedicalgroup.com/her_option.

Acupuncture for Chemotherapy Side Effects

Tuesday, January 27, 2009, 6:30-7:30 pm

Do you or someone you know suffer from nausea and other uncomfortable side effects from chemotherapy? Join Amy Olson, Licensed Acupuncturist to learn how Acupuncture can successfully treat the side effects of chemotherapy, such as nausea, vomiting, fatigue and headache. We will also discuss treatment for improving the immune system and the overall functioning of the body.

All classes are Free - Advance registration required (651) 430-4697