

COMMUNITY CLASSES



Eliminate Neck Pain Class - FREE **Thursday, January 16th at MDMH**

Suffering from neck pain? Learn about the many treatment options available to you, ranging from holistic approaches, injections, and minimally invasive treatment options only available in the northwest at Marcus Daly Memorial Hospital.



5:00 pm: Doors open

5:30 pm to 6:30 pm: Speaker
Richard Day, MD,
Rocky Mountain
Neurosurgery Center



Bust Heart Health Myths – FREE **Thursday, February 20th at MDMH**

It's time to bust the myths around cardiology! Celebrate Heart Health month by learning more about taking aspirin, cholesterol treatment, the highs and lows of blood pressure, and more.



5:00 pm: Doors open

5:30 pm to 6:30 pm: Speaker
Brett Mollenhauer, NP,
Marcus Daly Cardiology and
International Heart Institute



Protecting the Skin You're In – FREE **Thursday, March 19th at MDMH**

Concerned about a mole or suspicious spot, breakouts, sun damage, or aging skin? Want to have healthy skin? Learn about some of the most common dermatology conditions and what you can do to keep your skin healthy.



5:00 pm: Doors open, sample and learn about skin care products.

5:30 PM to 6:30 PM: Speaker
Angela Covington, MD,
Bitterroot Dermatology



Reducing the Risk of Hernia - FREE **Thursday, April 16th at MDMH**

Hernia, a seemingly simple little word, which can often be complicated, painful, and dangerous if not treated. Learn about the many types of hernias, how diet can increase risks, signs, and symptoms and treatment options.



5:00 pm: Doors open

5:30 pm to 6:30 pm: Speaker
Joshua Waggener, MD,
Bitterroot Surgical Associates



for more information on all classes and to register visit:

www.MDMH.org/events

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