

GOOD SAM UNIVERSITY

A series of free health information lectures for the community by physicians and experts from Good Samaritan Hospital



WOMEN'S WELLNESS

Focusing on the Unique Aspects of a Woman's Health at Every Age

9/13

6:00 pm

Villa Monaco
Restaurant
778 Montauk Hwy.
West Islip

Don't Sweat Over Menopause: How to Cope With the Symptoms

Pre- and post-menopause can be a very stressful experience for many women. Learn more about what to expect and how to manage your symptoms.

Ilene Gewirtz, MD, FACOG, Gynecologist



AGING GRACEFULLY

Staying Well As We Enter the Senior Years and Beyond

9/18

Noon

West Islip
Public Library
3 Higbie Lane
West Islip

Is Your Number Up? How Cholesterol Affects Your Health

Are you struggling with high cholesterol? This is a major risk factor that can lead to heart disease. Get expert advice on how to manage your cholesterol and understand fundamental principles of healthy nutrition.

Cathleen C. Davis, MS, RD, CDN, Nutritionist



GROWING PAINS

Helping Parents Raise Healthy Children

9/25

6:00 pm

St. John the Baptist
High School
1170 Montauk Hwy.
West Islip

Can We Really Believe the Media? It's Influence on Our Health and Well-Being

Are your eating decisions swayed by what you see on television? These days, commercials and advertisements often influence our food habits. Learn the facts about what we are really consuming and how you can't believe everything you read.

Howard J. Balbi, MD, Director, Pediatric Infectious Diseases, Good Samaritan Hospital & Center for Pediatric Specialty Care

All classes are free, but pre-registration is required. For further information or to register, please call (631) 376-4444 or visit www.good-samaritan-hospital.org

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