



Community Hospital of the Monterey Peninsula®

2010 SATURDAY LECTURES

10 a.m. to noon in the hospital's main conference rooms

**Knowledge
is Power** health series

poetry in motion
HEALTHY BODIES HEALTHY JOINTS AND SPINES

- JULY 10** **Peripheral artery disease: Learn what Community Hospital can do for you**
W. Lane Verlenden, MD, vascular surgeon
Andrew Schmidt, MD, radiologist
- AUGUST 28** **Smoking and your heart: Getting help to quit**
Richard Gray, MD, cardiologist
Ida Corby-DeMaagd, respiratory therapist
- SEPTEMBER 11** **Sleep apnea and heart disease: Why snoring is no joke**
Richard Kanak, MD, sleep medicine specialist
- OCTOBER 9** **Breast cancer: Am I at risk?**
Arina Ganeles, MD, oncologist
- NOVEMBER 6** **Living well with diabetes**
James W. Chu, MD, endocrinologist

- JULY 24** **Hip and knee replacement: What you need to know**
Christopher Meckel, MD, orthopedic surgeon
- AUGUST 14** **Spine care: Finding the right treatment**
Dragan Dimitrov, MD, neurosurgeon
Gary Chang, MD, pain management specialist
Sohrab Gollogly, MD, orthopedic surgeon
- SEPTEMBER 25** **A neurosurgeon's approach to back and leg pain**
Gus Halamandaris, MD, neurosurgeon
- OCTOBER 23** **Comprehensive bone and joint care**
Christopher Meckel, MD, orthopedic surgeon
- NOVEMBER 20** **Regaining equilibrium: Treating balance disorders**
Alejandro Centurion, MD, neurosurgeon
Eric Folkins, DPT, doctor of physical therapy
- DECEMBER 4** **Shoulder problems: Diagnosis to state-of-the-art treatment**
Richard Ravalin, MD, orthopedic surgeon

No registration required. Programs are free and subject to change. For more information, call **888-45CHOMP (888-452-4667)** or visit www.chomp.org, click on "Classes & Events."

HEALTH INFORMATION YOU NEED TO LIVE HEALTHFULLY

Community Hospital of the Monterey Peninsula
Post Office Box HH
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