

Covenant Community Health SERIES

Friday, October 11, 2019

Featured Speakers:

Bridget Leibinger, RRT, RPSGT, RST, CCSH
Sleep Center Coordinator

Laura Walker, RN, EMT, CFRN
*Injury Prevention Outreach and Trauma
Education Specialist*

Erika Dobschensky, PT, DPT, CLT
Physical Therapist

Melissa Duchene, RN, BSN
Stroke Program Administrator

10:00 am – 10:45 am

Sleep, What You Don't Know Could Hurt You

Learn why your sleep is so important, what happens while you sleep, and steps that you can take to improve it.

10:45 am – 11:30 am

Fall Prevention and Home Safety

Falling is not something normal that happens with aging. Learn different ways to make your home safer and prevent falls.

11:30 am – 12:00 pm

Lunch

12:00 pm – 12:45 pm

There Is Help!

Anyone that has had an oncology diagnosis, male or female, often experience side effects from their cancer or cancer treatments including incontinence, pelvic pain, or constipation. Join us to learn more about how specialized physical therapy for the pelvic floor can help with these side effects.

12:45 pm – 1:30 pm

Stroke Awareness

Learn the symptoms to know what to do or what to watch for if you think you are having a stroke.

Our NEW location for the 2019 Community Series will be at the Covenant Medical Center Cooper Campus, 700 Cooper, Saginaw, MI 48602, in the first floor Spencer T. Maidlow Educational Center. Covenant HealthCare offers **FREE** valet service for ease of parking and will have people available to help guide you to the Center.

Cost: \$5.00 at the door includes bottled water and coffee (available at 9:15 am) and Super Stuffed Spud Buffet lunch: baked potatoes with cheese sauce, chili, broccoli, butter and sour cream; tossed salad with assorted dressings; fresh fruit tray; cookies; assorted canned soda.

RSVP: Limited seating, reserve early by calling 1.866.COVENANT (1.866.268.3626).



Extraordinary care for every generation.

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Join us for an informative
luncheon presentation.

Friday, October 11, 2019

10:00 am – 1:30 pm

NEW LOCATION:

Covenant Medical Center Cooper
700 Cooper, Saginaw, MI 48602
Spencer T. Maidlow Educational Center, First Floor



Covenant HealthCare
1447 North Harrison
Saginaw, MI 48602

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