

Dunlap Announces Health Topic of the Month Schedule for 2008

Dunlap Community Hospital will be offering monthly health education programs in 2008 on a variety of wellness topics. These helpful and informative one hour programs are a part of the DCH employee wellness program called Health Smart. They are open to all at no cost. Participants are welcome to bring a lunch along as well. Contact Mary Lynne Zahler, DCH Wellness Manager, at 330-684-4790 for more information.

Presenter	Program Title	Date, Time, and Place
Bobbie Randall, MEd, RD, LD of DCH	Diabetes Is A Big Deal Even If You Don't Have It	Thurs., Apr. 10, 2008, DCH Community Room, Noon - 1 pm
Dave Speicher, MS, CSCS, PES and Dunlap West Manager	Exercise Q&A: Common Questions with Research-Based Answers	Fri., May 23, 2008, DCH Community Room, Noon - 1 pm
Linda Macklin, ACE Certified Fitness Professional	The Truth About Weight Management	Wed., June 4, 2008, DCH Community Room, Noon - 1 pm
Patrick Rufener, Wayne College Athletic Director & Coach	The Emotional Components of Exercise Behavior	Fri., July 18, 2008, DCH Community Room, Noon - 1 pm
Cassandra Klesch, Reiki Master Teacher	Introduction to Reiki: Energy Healing	Wed., Aug. 6, 2008, DCH Community Room, 11:30 am - 12:30 pm
Joy Stitzlein, The Counseling Center Education Director	Quick and Easy Relaxation Techniques	Fri., Sept. 26, 2008, DCH Community Room, Noon - 1 pm
Mary Bird, Arthritis Foundation Program Director	Arthritis in the Workplace	Thurs., Oct. 23, 2008 DCH Community Room, Noon - 1 pm
Sharon Riley, LSW, LPCC and DCH EAC Counselor from Spring Haven, Inc.	Emotional Health and Mid-Life	Mon., Nov. 17, 2008, DCH Community Room, Noon - 1 pm
Connie Stutzman, American Red Cross Director of Health & Safety	Stress Management	Mon., Dec. 15, 2008 DCH Community Room, Noon - 1 pm