



Tuesdays at 7 p.m. • Murie Building Auditorium

Join us for up-to-the-minute information presented by experts and specialists on medical issues



May 29
Stress and the Balloon Animal
Mike Bork, Stress Management Consultant and Coach



July 17
Secrets to Personal Medication Management: at home, during travel, and how to dispose properly of medications
Karen Miller, R.Ph., Registered Pharmacist



June 5
Pain - Reasons Beyond Inflammation: How Osteopathic Medicine can address function and pain to keep you moving
Todd Capistrant, DO, Doctor of Osteopathic Medicine



July 24
Travel and Global Health. How to stay healthy and alive when traveling and not become a victim or a public health concern when returning home
Dennis Rogers, PA-C, Certified Physician Assistant



June 12
Mechanics of Memory: How it Breaks Down and How to Fix It
Scott Luper, ND, Naturopathic Doctor



July 31
Dry Needling: Effective Treatment for Muscle Pain
Denise Jerome, PT, Physical Therapist



June 19
Head Over Heels for Balance
Cheryl Sackett, Physical Therapist and Heidi Watkins, Athletic Trainer, Certified PT Assistant



August 7
What it means to be a Community Hospital and the Foundation Health Partners - Mayo Clinic Relationship
Michael Swenson, MD, TVC CMO, and Jim Lynch, FMH CEO



June 26
The Obesity Paradox
Muhammad Ahmed, MD, Endocrinologist



July 10
Addressing Opioids and Methamphetamines in 2018—Alaska Communities Respond
Jay Butler, MD, Chief Medical Officer, Alaska Dept. of Health and Social Services; Director, Division of Public Health

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