

FREE EVENT FOR OUR COMMUNITY

Sponsored by Trinitas Regional Medical Center. Our Community is invited to attend the following program:



Thursday, June 14 • 5:00 - 7:00 pm

Spotlight On: **Sickle Cell Disease**

Dr. Levinson will discuss Sickle Cell Disease (SCD), an inherited blood disorder that is present at birth and affects approximately four million people world-wide. If this is of concern to you, register to attend and let us show you how you can help your family, friends and others learn more about it.

Speaker: **Dr. Barry Levinson**, Secretary/Treasurer, Medical Staff,
Medical Director, Trinitas Comprehensive Cancer Center

Location: **The Gateway Family YMCA/Rahway Branch**
1564 Irving St., Rahway, NJ 07065

To Attend: **www.TrinitasRMC.org/sicklecell**
or call (908) 994-8939

FREE EVENT FOR OUR COMMUNITY

Sponsored by Trinitas Regional Medical Center. Our Community is invited to attend the following program:



Monday, June 18 • 12:30 - 2:00 pm

Spotlight On: **Alzheimer's and Dementia**

If you are a patient with alzheimer's disease or dementia, learning to cope with the changes you will undergo is a process others have documented. Join our experts to discuss how exercise, activities and other means of support can be integrated into a treatment plan and learn from their experiences. Caregivers and family members are also welcome.

Speakers: **Alice Greenberg-Sheedy, LCSW, CDP**, Program Manager, Alzheimer's and Related Dementia Services; **Johanna Thomas, BA, CDP**, Elder Life Intervention Clinician, Hospital Elder Life Program (HELP); **Timothy Clyne, BA, MSN, RN, CDP**, Nurse Manager 4 North Oncology, 9 South MSGU/ Stroke, & Hospital Elder Life Program; and **Diane D. Reehil, MSN, GNP, CNN, CDP**, Medical Surgical Clinical Nurse Specialist

Location: **Elizabeth Public Library**, 11 S. Broad St., Elizabeth, NJ 07202

To Attend: www.TrinitasRMC.org/alzheimers

or call (908) 994-8939

FREE EVENT FOR OUR COMMUNITY



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Wednesday, June 13 • 5:00 - 7:00 pm

Spotlight On: **Women's Health**

Women, it's time to care for yourself. Come to our event at Lord & Taylor and gain insight about how holistic medicine and lifestyle changes can help treat illnesses. Methods such as the use of supplements, nutritional adjustments and dieting will be presented and discussed. There will also be giveaways and, of course, the opportunity to shop.

Speaker: **Cesar B. Holgado, MD, LLC**, Holistic Medicine

Location: **Lord and Taylor**

609 North Avenue West, Westfield, NJ, 07090

To Attend: **www.TrinitasRMC.org/womenshealth**

or call (908) 994-8939

