



John Muir Health

2026 Webinar Series

Webinars are open to the public

| Date | Time | Topic | Speakers |
|----------------------------------|---------------|--|--|
| January 29 Thursday | 12:30 -1:00 P | John Muir Health Overview Gain a basic understanding of John Muir Health as the only locally-governed, independent, not for profit health system in Contra Costa County. | Sharon Jenkins, MPA Director of Government Affairs and External Relations |
| February 26 Thursday | 12:30 -1:00 P | Your Heart Health Dr. Park will explain the risk factors associated the leading killer of adults. | Dr. Arick Park, MD, Cardiology |
| March 26 Thursday | 12:30 -1:00 P | Welcome to John Muir Health Ideal for new John Muir Health patients: learn how to navigate John Muir Health | Sharon Jenkins, MPA, Director Mariequita Lowe, Program Manager Government Affairs & External Relations |
| April 30 Thursday | 12:30 -1:00 P | Managing Blood Pressure Understanding and Managing High Blood Pressure. | Jennifer Cave-Brown, Nurse Practitioner, Coordinator – Stroke Program |
| May 14 Thursday | 12:00 -1:00 P | Mental Health Presentation of John Muir Health's Behavioral Patient and Family Resources including our new Skills Handbook: Your Path to Resiliency and Recovery. | Anna Sabio, LCSW, Director, Behavioral Health |
| June 25 Thursday | 12:30 -1:00 P | Quality Care Close to Home Learn how John Muir Health integrates high-quality and compassionate care for our entire community. | Dr. Russell Rodriguez, MD, Senior Vice President and Chief Medical Officer (CMO) |
| July 16 Thursday | 12:30 -1:00 P | AI in Healthcare Dr. Patel will explain how John Muir Health is incorporating AI technology into patient care | Dr. Priti Patel, Vice President and Chief Medical Information Officer |
| August 27 Thursday | 12:30 -1:00 P | How We Compare Ideal for individuals who are looking to make a change during open enrollment | Sharon Jenkins, Director Mariequita Lowe, Program Manager Government Affairs & External Relations |
| September 16 Wednesday | 12:30 -1:00 P | Menopause Understanding Hormone Replacement Therapy and the role it provides in improving symptoms. | Dr. Timothy Leach, MD, Obstetrics and Gynecology |
| October 27 Tuesday | 12:30 -1:00 P | Breast Cancer Basics: What You Need to Know | Shellie Campos, NP, Oncology and Specialty Services |
| November 19 Thursday | 12:30 -1:00 P | Early Detection Saves Lives: Lung Cancer Screening | Dr. Michaela Straznicka, MD, Thoracic Surgery Medical Director of Cardiothoracic Surgery |

To register for the webinar, click [here](#) or use the QR Code

