



Destination: Better Health!

Free Health Programs at Fairview Hospital

The road to better health is a journey, not a sprint!

Join Fairview Hospital for a week of health education and opportunities to better understand serious health issues facing our community. All programs are offered at no charge and take place outside under a tent on the hospital grounds.

Pre-registration is requested.
Please call (413) 854-9609.

TUESDAY, JUNE 13, 4:30 P.M.

Stop Bone Loss to Prevent a Break!

Presented by Pier Boutin, MD, Fairview Orthopaedic & Sports Medicine Center

WEDNESDAY, JUNE 14, 3:30 P.M.

Love Your Heart: How to Care for It

Presented by Cardiac Rehab

WEDNESDAY, JUNE 14, 4:30 P.M.

Take Control of Diabetes and Pre-Diabetic Health

Presented by Lauren Whitney, Diabetes Educator, and Robert Hoechster, RD, Nutritionist

THURSDAY, JUNE 15, 12:00 NOON

Talk Saves Lives

Presented by Berkshire Suicide Prevention

THURSDAY, JUNE 15, 4:30 P.M.

Women's Health: New Conversations about Menopause

Presented by Andrew Beckwith, MD, CHP/Barrington OBGYN

FRIDAY, JUNE 16, 12:00 -1 P.M.

Learn How to Save a Life: Naxolone Training

The Berkshire Harm Reduction van will be at Fairview from 10:00-3:00 p.m.

Presented by Berkshire Harm Reduction

FRIDAY, JUNE 16, 3:00 P.M.

**Community Health Improvement Plan:
Get Involved in South County**

Presented by Southern Berkshire Rural Health Network

MONDAY, JUNE 19, 1:00 P.M.

The Good Posture-Good Health Connection

Presented by Fairview's Rehabilitation Dept. Physical and Occupational Therapy

MONDAY, JUNE 19 4:00 P.M.

Bringing Wellness Into Your Life

Rich Berry, RN, MS Fairview Hospital Life Enhancement Program

TUESDAY, JUNE 20, 9:00 A.M-5:00 P.M.

Mental Health First Aid Training for Frontline Workers

Presented by Chase Giroux, Clinical & Support Options

This program is co-sponsored with Southern Berkshire Chamber of Commerce and Southern Berkshire Rural Health Network.

