OLLI Lecture Series Presented by Enloe Medical Center

HEALTHIER YOU!

A 7-week series, Sept. 5 through Nov. 28 | 2:30 p.m. to 4 p.m.
Enloe Conference Center, 1528 Esplanade, Chico

Join us for any or all of these seven independent classes. Each session focuses on a unique health topic and is led by a health care professional affiliated with Enloe Medical Center. Participants will learn tips to help manage common health conditions such as respiratory conditions (including COPD and shortness of breath), diabetes and arthritis. Other sessions will focus on living with mindfulness, dementia and Alzheimer’s disease, and more.

SEPTEMBER

Tuesday, Sept. 5, “Cancer Sniffing Dogs”
Presented by Dina Zaphiris;
Founder & CEO, In Situ Foundation

Tuesday, Sept. 12, “Respiratory Illness”
Presented by Dinesh Verma, M.D.;
North State Pulmonary Critical Care Associates

Tuesday, Sept. 19, “Arthritis & Joint Replacement”
Presented by Brock Cummings, M.D.;
Enloe Total Joint Replacement Program

Wednesday, Sept. 27, “Living with Mindfulness”
Presented by Steve Flowers, M.F.T.;
Mindful Living Programs

NOVEMBER

Tuesday, Nov. 7, “Breast Health”
Presented by Karen Ching-Tismal, M.D.;
Enloe Comprehensive Breast Care (ECBC)

Tuesday, Nov. 14, “Managing Your Diabetes”
Presented by Mary Aram, Clinical Dietitian;
Enloe Diabetes Services

Tuesday, Nov. 28, “Dementia & Alzheimer’s Disease”
Presented by Joel Rothfeld, M.D., Ph.D.;
Enloe Neurology

Register Online in the Fall Class Schedule
olli.csuchico.edu