Enloe’s Healthier You series returns with an eight-class series. Join us for any or all of the individual classes. Each is focused on a unique health topic and led by a health care professional affiliated with Enloe Medical Center.

**MARCH CLASSES**

**Tuesday, March 5 | Pelvic Organ Prolapse**  
Presented by Melissa Dawson, D.O.  
Enloe Women’s Services

**Tuesday, March 12 | P.T.S.D. Prevention and Treatment**  
Presented by Scott Nichols, M.D.  
Enloe Behavioral Health

**Tuesday, March 26 | Abdominal Wall and Inguinal (Groin) Hernias**  
Presented by Steven Perrins, M.D.  
Enloe Surgical Services

**APRIL CLASSES**

**Tuesday, April 2 | Pancreatic Cancer**  
Presented by Keith Cavaness, D.O.  
Enloe Regional Cancer Center

**Tuesday, April 9 | Colonoscopy and Endoscopy Procedures**  
Presented by Hoan Tran, M.D.  
Enloe Digestive Diseases Clinic

**Tuesday, April 16 | Back Pain**  
Presented by Matthew Thomasan D.P.T.  
Enloe Outpatient Therapy Services

**Tuesday, April 23 | Kidneys and the Aging Process**  
Presented by Jon Ferguson, D.O.  
Chico Nephrology

**Tuesday, April 30 | Stop the Bleed**  
Presented by Jade Reese, R.N.  
Enloe Trauma Services

*Physicians are independent, licensed practitioners who are not employed by Enloe Medical Center.*