

REDEFINING HEALTH CARE



Lake Health

Community Health News

MARCH 2010

LifeCycles for Women

What a Diet Doc Knows That You Don't

Presented by Barbara Berkeley, MD

West Medical Center

36000 Euclid Ave., Willoughby

March 16, 6 pm

Blood Drives

West Medical Center

36000 Euclid Ave., Willoughby

March 12, 12 – 5 pm

TriPoint Medical Center Physician Pavilion

Lubrizol Conference Room

7580 Auburn Rd., Concord Twp.

March 19, 12 – 5 pm

Community Health

Thyroid – It's a Pain in the Neck

Presented by Ken Vito, MD

West Medical Center

36000 Euclid Ave., Willoughby

March 18, 6 pm

Wellness as a Way of Life

Gentle Yoga – March 29, 5:45 – 6:45 pm

Gentle Stretch Yoga – March 29, 2 – 3:15 pm

Hatha Yoga – March 31, 6:45 – 7:45 am or
10:45 – 11:45 am

Sculpt and Stretch – March 30, 6 – 7 am

TriPoint Medical Center Physician Pavilion

7580 Auburn Rd. Suite 201, Concord Twp.

*(These are six-week programs; start date listed above.
Registration and fee required.)*

To register or for more information, please call
the Best of Health Line at 440-953-6000 or 1-800-454-9800.

