

FREE CLASSES

**MORE
FREE CLASSES
AND CLASS
DETAILS ONLINE**

[porterhospital.org/
events](http://porterhospital.org/events)

**Join us for a FREE Class! Registration required.
Call 303-777-6877 to register today!**

Don't Take Falls Lightly

Are you worried about falling over? Get the statistics on who is falling and what risk factors make you more vulnerable to a fall. Also, learn about safety tips and exercises to reduce your risk of falling. **Presented by David LaValley, MSPT. Sponsored by Porter Adventist Hospital and Village at Lowry.**

Light refreshments served.

Wednesday, January 25, 12:30 p.m.
Village at Lowry, 150 Quebec St., Denver



Diabetes Education: Prevention & Management

This class will address general guidelines for the prevention and treatment of diabetes. Participants will learn about important lifestyle changes that can benefit all adults. **Sponsored by Porter Adventist Hospital and hosted by Englewood Parks and Recreation. Presented by Pamela Chapman, diabetes educator, Porter Adventist Hospital.**

Thursday, January 26, 1:30 p.m.
Porter Place Retirement Living
1001 E. Yale Ave., Denver, CO



Pink Night: Women's Gymnastics Meet

Wear pink to support breast cancer awareness! In honor of breast cancer survivors everywhere, join us in a celebration of "Pink Night" at the Burnsley Invitational DU women's gymnastics meet. **Sponsored by Porter Adventist Hospital. Go to DenverPioneers.com/Tickets to purchase tickets.**

Saturday, February 4, 6 p.m.
Hamilton Gymnasium at the Daniel L. Ritchie Center
2240 East Buchtel Blvd., Denver



Cool Solutions to Hot Health Topics

Follow Your Heart, Feel the Love

Our cardiovascular awareness class is filled with healthy heart tips and pampering techniques to support your physical and emotional well-being. Love yourself and you'll nurture both a strong, healthy heart and warm, enduring relationships. **Presented by Oralee Ekberg, MD, and Toni Standley, RN, ANP, MSN.**

Light refreshments served.

Tuesday, February 7, 5 p.m.
Porter Conference Center



Back on Track: Back Pain Class

Learn how to take care of your spine and get past the pain and on with your life. Class covers diagnosing back pain, the anatomy of the spine, common ailments, exercises and helpful resources. **Presented by David LaValley, MSPT, Porter Adventist Hospital.**

Tuesday, February 14, 1 p.m.
Porter Conference Center



Know Your Heart: Getting to the Heart of the Matter

Do you know how to identify your risk factors for heart disease? Learn about the signs and symptoms of a heart attack, early diagnosis and other heart related information. **Presented by Toni Standley, RN, ANP, MSN. Sponsored by Porter Adventist Hospital and Park Place.**

Light refreshments served.
Thursday, February 23, 12:30 p.m.
Park Place, 111 Emerson St., Denver



Bladder Control Issues: Any and All!

A relaxed and informal discussion on how the bladder works. Get the latest information on stress incontinence, overactive bladder, urge incontinence and interstitial cystitis; plus, learn about your treatment options. **Presented by Ken Petri, MD.**

Thursday, March 15, 1:30 p.m.
Porter Place Retirement Living
1001 E. Yale Ave., Denver, CO



Osteoporosis Overview

Don't miss this general discussion on osteoporosis. You'll learn what it is, who's at risk, how to tell if you have it before something breaks, how to prevent it, and how to correct it. **Presented by Terri Dunn, MD. Sponsored by Porter Adventist Hospital and Heritage Club Denver.**

Light refreshments served.
Wednesday, March 21, 12:30 p.m.
Heritage Club Denver, 2020 S. Monroe St., Denver



Updates on Osteoarthritis! Arthritis Patient Education Day

Meet the experts and discover the latest treatment options, learn how to manage your symptoms and get proven exercise tips. **Sponsored by Porter Adventist Hospital and the Arthritis Foundation. Call 303-756-8622 x 251 to register.**

Light refreshments served.

**Saturday, March 31
Noon - 4:30 p.m.**
Porter Conference Center



Porter Adventist Hospital

Centura Health.

2525 S. Downing Street, Denver • 303-778-1955

SAVE THE DATE: FREE HEALTH CLASSES

**FREE
WOMEN'S EXPO
SEPT. 8, 2012!**

Name of Class	Date of Event	Time	Location
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To register or for more information, call Ask-A-Nurse at 303-777-6877 or visit porterhospital.org/events