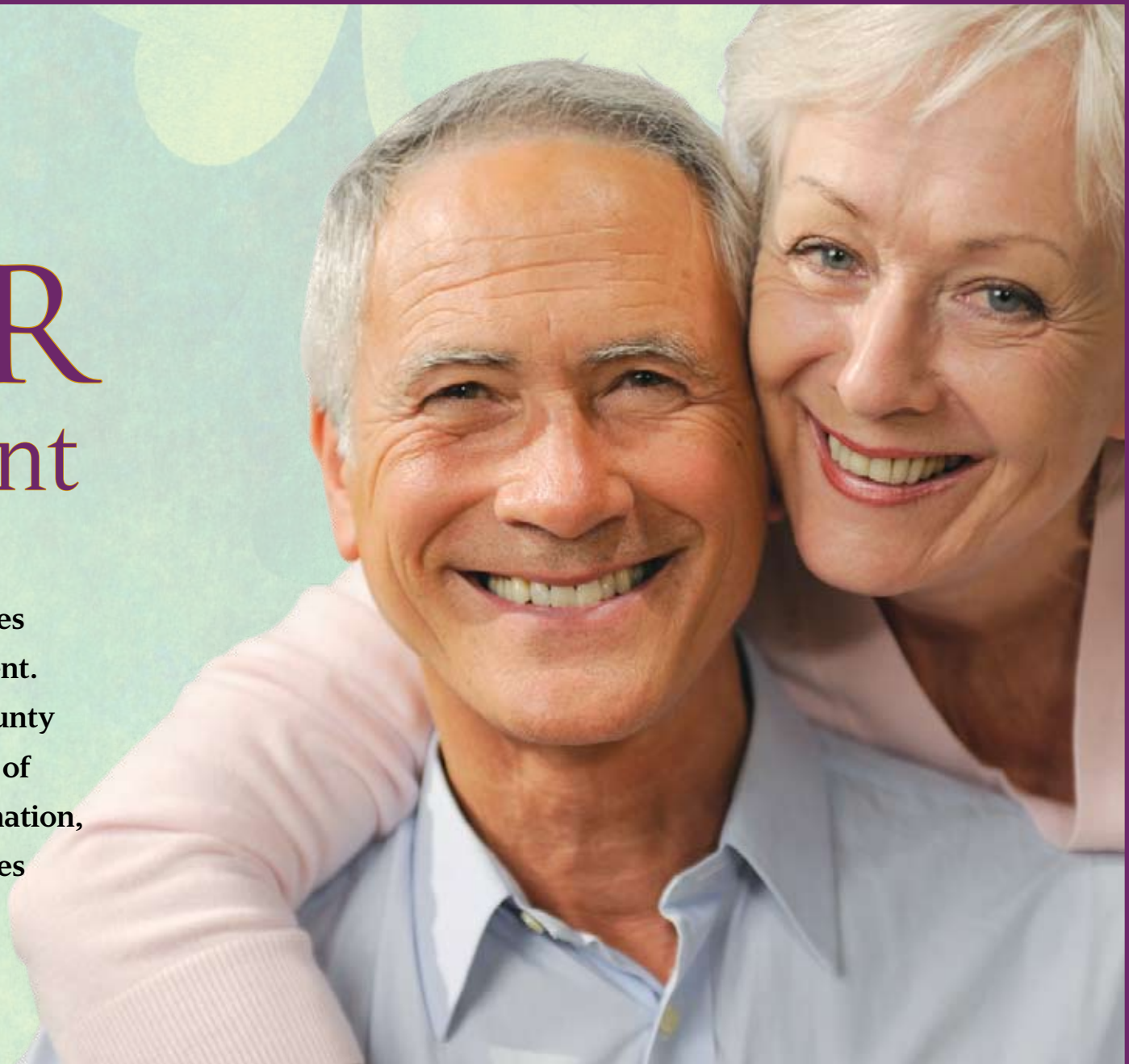


# SENIOR Live Well Event

Healdsburg District Hospital (HDH) invites you to attend its first Senior Live Well Event. The event will provide North Sonoma County Healthcare District seniors with a variety of health screenings and educational information, empowering you to make informed choices for your health.



**FREE TO ALL SENIORS**

**WEDNESDAY, MARCH 17  
ST. PATRICK'S DAY**

**DRY CREEK INN—KRUG EVENT CENTER**

**10:00 A.M. – 1:30 P.M.**

Presentation from 9:00 a.m. - 10:00 a.m.



## HEALTH SCREENINGS (NO FASTING NECESSARY)

- |                       |                             |
|-----------------------|-----------------------------|
| CHOLESTEROL           | BLOOD PRESSURE              |
| DIABETES              | BODY FAT                    |
| TOTAL EYE HEALTH EXAM | BALANCE & DIZZINESS TESTING |
| BONE DENSITY          | ASK A DOCTOR                |
| OXIMETRY              |                             |

## PRESENTATION: ARTHRITIS & TOTAL JOINT REPLACEMENT

*By John Tomasin, MD, Orthopaedic Surgeon*

**R.S.V.P. ONLY:** Call **431-6524** to reserve your spot today. (Limited seating)  
Starts promptly at 9:00 a.m. ends at 10:00 a.m.

## TALK TO THE EXPERTS

**THE FOLLOWING WILL BE ON HAND TO ANSWER YOUR QUESTIONS**

- Medicare Insurance Experts
- Registered Dietician
- Northern California Wound Care Advantage
- Women's Diagnostic Center
- Redwood Regional Medical Group
- Kozel Stroke Institute
- Emergency Department
- North Bay Eye Associates, Lisa Nijm, MD
- Ear, Nose and Throat Specialist, Robert Pettit, MD
- Alliance Medical Center
- Alexander Valley Regional Medical Center



## REFRESHMENTS

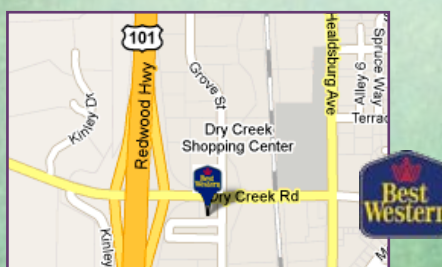
Come enjoy the festive St. Patrick's Day theme and delicious pastries, fruit, coffee, tea, and more.

## WIN

Complimentary drawings for a variety of gifts will take place throughout the day.

## LOCATION: DRY CREEK INN—KRUG EVENT CENTER

198 Dry Creek Road, Healdsburg, CA



## SPECIAL THANKS TO OUR SPONSORS

- Sonoma West Times & News*
- Cloverdale Reveille*
- Dry Creek Inn—Krug Event Center*



**HEALDSBURG  
DISTRICT HOSPITAL**

*Exceeding Expectations*