



Heart Attack Prevention 2012: Expanding our Horizons

Orson Smith, MD, FACC and Nancy Smith, RD, CDE

Monday, February 6 • 7 p.m.

Orson Smith, MD, FACC, and Nancy Smith, RD, CDE will present new information on how weight, cholesterol and triglycerides impact the risk of heart disease and how these risks can be reduced. Dr. Smith is a board certified lipidologist and director of the Tallahassee Memorial Lipid Center. He will explain why you can have "normal cholesterol", but still have risky lipid levels in your bloodstream. Nancy is a Registered Dietitian with the Lipid Center and the Tallahassee Memorial Diabetes Center. She will provide a new take on the "Mediterranean Diet" and "heart healthy eating".

Premier Health & Fitness Center, 3521 Maclay Blvd.

To register, call 431-5675.



Adjustable Laparoscopic Banding Surgery, Laparoscopic Roux-en-Y Gastric Bypass Surgery & Gastric Sleeve

With Eliot Sieloff, MD

Tuesday, February 7 • 6 p.m.

*Tallahassee Memorial Hospital Auditorium, 1300 Miccosukee Road
(Park in hospital's main parking deck.)*

To register, call 431-5404.



Live, Laugh, Leak

With Robert S. Bradford, MD

Thursday, February 9 • 7 p.m.

Millions of women over the age of 18 suffer needlessly from a variety of pelvic floor disorders. Learn more about new non-invasive or minimally invasive procedures that can easily treat these conditions.

Premier Health & Fitness Center, 3521 Maclay Blvd.

Space is limited! 1-800-466-5595.



Adjustable Laparoscopic Banding Surgery and Gastric Sleeve

With Jeff Crooms, MD

Tuesday, February 21 • 6 p.m.

*Tallahassee Memorial Hospital Auditorium, 1300 Miccosukee Road
(Park in hospital's main parking deck.)*

To register, call 431-5404.



New Year's Resolutions Failing? A Medical Approach to Weight Management

With Angelina Cain, MD

Thursday, February 23 • 6 p.m.

Learn more about services, body fat analysis, metabolic rate testing, and the Optifast™ meal replacement program.

Tallahassee Memorial Bariatric Center, 1981 Capital Circle N.E.

To register, call 431-4709.



Women's Health & Nutrition

With Christopher Sundstrom, MD, North Florida Women's Care

Friday, February 24, 2012 • Noon - 1 p.m.

Dr. Sundstrom's lecture will cover the basics of diet & exercise PLUS all the different forms of preventative health screening options to assure the overall wellbeing of women of all ages and stages of life.

A Woman's Place, 1301 East Sixth Avenue

(REGISTRATION REQUIRED BY FEBRUARY 23)

Register online at www.tmh.org/events, or call 431-4915.

Bring your own lunch & beverage.

A portable assistive listening system is available for the hearing impaired. Please notify us when you register and at least 24 hours in advance to reserve the system.



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