

Q4 Marshall Classes

Info for all classes:

Marshall Women's Health & Education Center
Norton Suburban Medical Plaza III, Room 1A
4121 Dutchmans Lane, Louisville, Ky.
Light refreshments will be served.
Call (502) **629-1234** to RSVP for this free event.
NortonWomensPavilion.com

October

Advancements in Total Joint Replacement

Tuesday, Oct. 13, 2009

9 to 11 a.m.

Norton Medical Plaza III – Suburban, Suite 108

If you're experiencing knee pain as a result of arthritis, there may be new treatment options to improve your quality of life, including knee replacement. Join Paul Sherman, M.D., of Norton Advanced Orthopaedics for a free seminar and Q & A session about custom-fit total knee replacement as well as nonsurgical methods for treating arthritis pain.

Dancing for Your Heart, Fitness and Fun

Thursday, Oct. 15, 2009

6 to 8 p.m.

Norton Medical Plaza West – Audubon, G-1

Over-the-Counter Meds: What's Safe During Pregnancy?

Tuesday, Oct. 20, 2009

6 to 8 p.m.

Norton Medical Plaza III – Suburban, Suite 108

Michelle Woosley, Pharm.D., an experienced retail pharmacist, will offer tips about what medication is safe to take during pregnancy. Dr. Woosley receives hundreds of questions each fall about the safety of cough and cold products for expectant and nursing mothers. This class will educate participants about what to buy and what to avoid in over-the-counter products, particularly individuals with high blood pressure and diabetes.

Benefits of Exercise: Keys to Looking and Feeling Better at Any Age

Tuesday, Oct. 27, 2009

6 to 8 p.m.

Norton Medical Plaza III – Suburban, Suite 108

In many ways, exercise is the fountain of youth – helping women feel and look their best. Learn new exercises and tips to easily incorporate more physical movement into your daily life. An instructor from Louisville Athletic Club will lead the discussion and answer questions about how you can improve your look! Wear comfortable clothes for stretching and light exercise.

November

Parenting the Parent: Important Health Care Documents Everyone Needs

Thursday, Nov. 12, 2009

6 to 8 p.m.

Norton Medical Plaza III – Suburban, Suite 108

A discussion led by an attorney who practices elder care law (law dedicated to the needs of older adults) will help participants make sense of the complicated world of health care documents such as power of attorney, living wills and health care surrogates. An overview of how nursing homes are paid and how to preserve assets also will be presented.

Relaxation Methods: Healing Therapies for Your Heart

Thursday, Nov. 19, 2009

6 to 8 p.m.

Norton Medical Plaza West – Audubon, G-1

December

Winter Blues: Preventing Seasonal Affective Disorder

Thursday, Dec. 10, 2009

6 to 8 p.m.

Norton Medical Plaza III – Suburban, Suite 108