

## Columbus Community Hospital Occupational Health Services invites you to join us each month

- **Tuesday, Jan. 18, 2022**, 5:30-6:30 p.m. – The Importance of Having a Primary Care Physician, Presenter: Dr. Daniel Rosenquist, US 30 Center Mall, \$100 Chamber bucks
- **Tuesday, Feb. 15, 2022**, 5:30-6:30 p.m. – Caring for Your Heart, Presenter: Dr. Marie Rodehorst, US 30 Center Mall, \$100 HyVee gift card
- **Tuesday, Mar. 15, 2022**, 5:30-6:30 p.m. – The “March” to Health, Presenter: Dr. Luke Lemke, US 30 Center Mall, \$100 Clean Slate gift card
- **Tuesday, Apr. 19, 2022**, 5:30-6:30 p.m. – Knee Health — Getting Ready for More Activity, Presenter: Dr. Shawn Brandenburg, US 30 Center Mall, \$100 Hibbett’s gift card
- **Tuesday, May 17, 2022**, 5:30-6:30 p.m. – Hearing Loss as You Age, Presenter: Dr. Nila Novotny, Lake Esther, \$100 Chamber bucks
- **Tuesday, Jun. 21, 2022**, 5:30-6:30 p.m. – Healthy Vision into your Future, Presenter: Dr. Richard Haney, Lake Esther, \$100 gift certificate for Eye Physicians
- **Tuesday, Jul. 19, 2022**, 5:30-6:30 p.m. – Giving the Gift of Life (blood donation), Presenter: Dr. Kurt Kapels, Lake Esther, \$100 Nebraska Sports gift card
- **Tuesday, Aug. 16, 2022**, 5:30-6:30 p.m. – Mentally Preparing Ourselves for the Busy Season, Presenter: Jennifer Swantek, APRN, FNP-BC, Lake Esther, \$100 Kay’s Place
- **Tuesday, Sept. 20, 2022**, 5:30-6:30 p.m. – How to Conquer Seasonal Allergies, Presenter: Dr. Craig Pekny, Lake Esther, Free flu shots for participants
- **Tuesday, Oct. 18, 2022**, 5:30-6:30 p.m. – Bullying Awareness, Presenter: Dr. Kimberly Allen, US 30 Center Mall, \$100 Supersaver gift card
- **Tuesday, Nov. 15, 2022**, 5:30-6:30 p.m. – Injury Prevention in the Winter Months, Presenter: Dr. Mark Howerter, US 30 Center Mall, \$100 Chamber bucks
- **Tuesday, Dec. 20, 2022**, 5:30-6:30 p.m. – Why Your Intestinal Health is so Important, Presenter: Dr. Myron Morse, US 30 Center Mall, \$100 Clean Slate gift card

Walking location due to inclement weather: US 30 Center Mall

*Walk with a Doc events are a self-report activity under Healthy Event/Running/Walking in the Virgin Pulse portal. Participants are encouraged to report their participation into their own account in order to receive 100 points, three times per wellness year.*

