

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

- **Tuesday, Jan. 17, 5:30-6:30 p.m. – Strategies for navigating the social media world with your child**  
Presenter: Dr. Tara Sjuts, Columbus Psychiatry Clinic, *US 30 Center Mall*
- **Tuesday, Feb. 21, 5:30-6:30 p.m. – How does nutrition affect healing?**  
Presenter: Dr. Jeremy Albin, Columbus General Surgery, *US 30 Center Mall*
- **Tuesday, March 21, 5:30-6:30 p.m. – Treat your heart right**  
Presenter: Dr. Sabu George, Columbus Cardiology Clinic, *US 30 Center Mall*
- **Tuesday, April 18, 5:30-6:30 p.m. – Becoming an organ donor**  
Presenter: Dr. Chris Buckley, hospitalist, *US 30 Center Mall*
- **Tuesday, May 16, 5:30-6:30 p.m. – Skin cancer awareness**  
Presenter: Chad Hillyer, PA-C, Skin PC, *Lake Esther*
- **Tuesday, June 20, 5:30-6:30 p.m. – Caring for your brain**  
Presenter: Dr. Deb Anderson, Concussion Clinic, *Lake Esther*
- **Tuesday, July 18, 5:30-6:30 p.m. – Caring for your hands – Arthritis prevention**  
Presenter: Dr. Kerri Kulovitz, Columbus Orthopedic & Sports Medicine Clinic, *Lake Esther*
- **Tuesday, Aug. 15, 5:30-6:30 p.m. – What immunizations do I need?**  
Presenter: Greg D. Jacobs, PA-C; Columbus Urgent Care, *Lake Esther*
- **Tuesday, Sept. 19, 5:30-6:30 p.m. – How often should I work out to prevent obesity?**  
Presenter: Dr. Kevin Montgomery, Emergency Department, *Lake Esther*
- **Tuesday, Oct. 17, 5:30-6:30 p.m. – The dangers of nose bleeds – How can I protect myself?**  
Presenter: Dr. Lauren Jazwick, Columbus Otolaryngology, *US 30 Center Mall*
- **Tuesday, Nov. 21, 5:30-6:30 p.m. – How do I protect from the need for long-term care?**  
Presenter: Dr. Luke Lemke, Columbus Medical Center, *US 30 Center Mall*
- **Tuesday, Dec. 19, 5:30-6:30 p.m. – The Importance of an annual exam**  
Presenter: Dr. Joseph Citta III; Columbus Family Practice, *US 30 Center Mall*

Walking location during 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.*

