

# WELLNESS WORKSHOPS

at **Exeter Ridge Health Complex**

SECOND TUESDAY OF EACH MONTH – 1:00-2:30 P.M.



**6/13/2017**

**Nutrition from A to Z –  
26 mini topics to cover all  
your nutrition needs**  
*Nicole Rhoads, RD, LDN*



**7/11/2017**

**Treatment of Cancer:  
Chemotherapy/Hormones/  
Targeted Therapy**  
*Ayodele Ayoola, MD*



**8/8/2017**

**Medication Safety**  
*Christopher Walsh, Pharmacist*



**9/12/2017**

**Targeted Radiation Therapy  
Options...Improved Cure Rates  
and Minimized Side Effects**  
*Navesh Sharma, DO*



**10/10/2017**

**Changes to Medicare Benefits**  
*Dot Hartman, VP Community Based  
Aging Services, Berks Encore*



**11/14/2017**

**Learn about your Personal  
and Family Cancer Risk and  
Strategies to Decrease your Risk**  
*Marc Rovito, MD  
Donna Lamp, RN, CCM*

Please RSVP to 610-779-1330 – Press Selection 2 when prompted.

All Wellness Workshops are held at...  
**Penn State Health St. Joseph**  
Exeter Ridge Health Complex  
3970 Perkiomen Ave., Suite 101  
Exeter Township, Reading, PA



**PennState Health**  
St. Joseph