



SAVE
THE DATE!

NEW THIS YEAR! Wellness Lecture Series

Thursday, May 12

Pedaling to Peak Performance
Jason Collin, P.T.
Embassy Suites
6 – 8pm

Tuesday, May 24

Nutrition 101: *What are you eating?*
Lynn Norton, R.D.
Kahle Community Center
6:30 – 7:30pm

Wednesday, July 27

Maximizing your Biking Performance
Jason Collin, P.T.
Lake Tahoe Community College
6:30 – 7:30pm

Tuesday, August 23

Children's Health
Dr. Jennifer Ehmann, Barton Pediatrics
Kahle Community Center
6:30 – 7:30pm

Wednesday, September 21

Heart Disease
Dr. Steven Brooks, Barton Family Practice
Kahle Community Center
6:00 – 7:00pm

Wednesday, October 26

Women's Health
Dr. Allison Steinmetz
Lake Tahoe Community College
6:30 – 7:30pm

Attend any four of Barton's 2011 Wellness lectures and be automatically entered to win a 2011/2012 pass to a Lake Tahoe ski/snowboard resort and other great prizes.

Being healthy has never been this fun!

For details, call 530.543.5656 or visit:
bartonhealth.org/lecture