



Westfields Hospital™

HealthPartners Family of Care

Senior Speaker Series

Westfields Hospital and the Centre present health topics on the second Friday of the month. All sessions are held at the Centre, 428 S. Starr Ave., New Richmond.

Potluck begins at 11:45. Program follows at 12:30 p.m.

Free. The public is welcome to attend. Membership to the Centre is not required.



August 10 - Good for You Food

Cooking demonstration using seasonal fruits and vegetables, followed by a presentation on the basics of healthier (and tastier) cooking. Presented by Westfields Hospital registered dietitian Linda Stefonek.



October 12 - Common Digestive Issues

Bowel troubles to chronic heartburn, and acid reflux can upset your daily life. Presented by Anthony Hecht, M.D., Internal Medicine / Gastroenterology, New Richmond Clinic.



September 14 - Falls Prevention

Prevent dangerous falls in the home, plus learn tips on how to keep mobile as you age. Presented by Brian Lease, Westfields Hospital Physical Therapist.



November 9 - What's Bugging You?

Common sense about common illnesses, such as viruses, sore throats, diarrhea and more. Presented by Bruce Hanson, M.D., Family Medicine, New Richmond Clinic.

Speakers & Topics subject to change