

2019 Walk It Out Program Schedule

Date	Topic	Expert	Additional Contact
Feb 19	Heart Healthy	Community Health Affairs	Jessica Schultz
March 19	Dental Care	Owens Dental Program	Tiffany Paris
April 16	Fall Prevention	Nicole Knepper Blake	
May 21	Healthy Eating	Brian Silver	Nuhad Zeitoun
June 18	Advance Directives/Spiritual Care	Jayne Nachtrab	Deacon Dan Waters MA, BCC
July 16	Know Your Numbers (Family Medicine)	Beth Schott, CNP	Lindsay Brown
August 20	Cardiac Rehab	TBD	Heather Dorn, RN
September 17	Fire Safety	Nicole Knepper Blake	
October 15	Pharmacy – Check Your Meds	Pharmacy Resident	Lisa McIntyre
November 19	Diabetes Awareness and Screenings	Jeannie Wagner and Community Health Affairs	