



2012 Wellness

Lecture Calendar

Actively pursuing the health of our community.



Attend any four of Barton's 2012 Wellness lectures and be automatically entered to win a 2012/2013 season pass to a Lake Tahoe ski/snowboard resort and other great prizes!

Wednesday, May 2

Facing Surgery?

Discover the Benefits of da Vinci Surgery

Scott Welker, MD

Kahle Community Center, 236 Kingsbury Grade

6 - 7pm

Wednesday, May 23

Preventing Hypertension

Steven Brooks, MD

Kahle Community Center, 236 Kingsbury Grade

6 - 7pm

Wednesday, June 6

Maximizing Bike Performance & Fitness

Chris Kozlowski, PT

Kahle Community Center, 236 Kingsbury Grade

6 - 7pm

Wednesday, July 11

What's New in Treatment for Shoulder Arthritis

Kyle Swanson, MD

Lake Tahoe Community College, 1 College Dr.

6 - 7pm

Wednesday, July 18

Heart Rate Training for Athletes

David Young, MD

Lake Tahoe Community College, 1 College Dr.

6 - 7pm

Wednesday, August 1

Sports Concussions

Jonathan Finnoff, DO

Lake Tahoe Community College, 1 College Dr.

6 - 7pm

Wednesday, September 5

Increase Running Performance

Alan & Caroline Barichievich, MPT

Kahle Community Center, 236 Kingsbury Grade

6 - 7pm

Wednesday, October 3

Breast Cancer Awareness & Women's Health

Patience Wenk, FNP

Kahle Community Center, 236 Kingsbury Grade

6 - 7pm

Wednesday, November 7

Maximizing Nutrition & Exercise for
the Busy Life

Paula Crenshaw, MD

Kahle Community Center, 236 Kingsbury Grade

6 - 7pm

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