



# FEBRUARY **FREE** health seminars

Join Parker Adventist Hospital for a series of FREE health seminars throughout the winter. All seminars are held in the Inspiration Room of the Parker Hospital Conference Center, located on the hospital's garden level at the west entrance. A light lunch is served during daytime programs, and light snacks are served during evening programs. **Registration is required for all seminars by calling 303-777-6877, option 1.** Guests are encouraged to park on the west side of the hospital for direct access to the conference center.

## WEIGHT LOSS

**Wed, Feb 8 | 6:30–8 p.m.**

Join Matthew Metz, MD, bariatric medical director, to get answers about weight loss surgery. Learn about the lap-band, gastric bypass and sleeve surgical procedures, hear patient stories and learn if you are a candidate.

## THE AGING HEART

**Tue, Feb 14 | noon–1:30 p.m.**

Growing older not only affects the outside of your body, it also affects the inside. Join Joan Eldridge, MD, cardiologist, to find out how the heart changes as you age and steps to protect your heart.

## NEW YEAR, NEW YOU

**Tue, Feb 21 | 6:30–8 p.m.**

A new year presents the opportunity to get the latest health tips and up-to-date information. Join Linda Tetor, MD, family practice doctor, as she discusses the latest tips on diet, recommended screenings, supplements, and more.

## BACK PAIN

**Thu, Feb 23 | 6:30–8 p.m.**

Learn about minimally invasive spine surgery and other types of procedures to treat back pain with orthopaedic spine surgeon Zaki Ibrahim, MD.

**Parker  
Adventist Hospital**



9395 Crown Crest Blvd., Parker, CO 80138

[parkerhospital.org](http://parkerhospital.org)

## FREE CHOLESTEROL TEST

Get a complete cholesterol profile, including HDL, LDL, and triglyceride levels at Parker Hospital on **Feb. 17 from 7-10 a.m.** Screenings are limited to the first 500, and a reservation is required. Call **303-777-6877**, option 1, to schedule your FREE test. Fasting is required.

## \$99 HEART SCAN

If you have one or more risk factors for heart disease, you may want to consider a coronary artery calcium screening. This noninvasive CT scan measures the level of calcified plaque buildup in your arteries. **Normally \$333, Parker Hospital is offering this scan for \$99 from Feb. 20–March 16.** A physician's referral is not required, but results must be sent to a doctor. To schedule a scan, call **303-269-4500.**

