

NOCHS SPEAKER SERIES IS HELD AT SOUTH BEACON LOCATION IN THE NOCHS COMMUNITY ROOM AT 1061 S. BEACON BLVD, BETWEEN FOUR POINTES AND URGENT CARE.

YOUR AMAZING FEET - FOOT AND ANKLE PAIN WITH BRANDON KING, MD

WHEN: Monday, January 9, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Did you know that the human foot has 42 muscles, 26 bones, 33 joints and at least 50 ligaments and tendons? That is a lot that can go wrong! Dr. Brandon King of Orthopaedic Associates of Muskegon discusses common foot problems and the different treatment options.

COMPLEMENTARY AND ALTERNATIVE TREATMENT OPTIONS WITH DIANA OKUNIEWSKI, DO

WHEN: Tuesday, January 10, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Mainstream treatments used by doctors are called conventional medicine. Dr. Diana Okuniewski of North Ottawa Medical Group's Women's Health office will talk about complementary and alternative options. She will help educate what is safe, what is not, what works and what doesn't. She will also be discussing alternative options for menopause symptoms, as well as vitamin supplements for optimal health.

STARTING A PERSONAL FITNESS PLAN

WHEN: Monday, January 16, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

NOCHS' Physical Therapy experts, Mel Dankelfson, PT, DPT and Lauren L'Huillier, PT, DP, will teach you how to build a successful program for flexibility, cardio, strength, balance and more, without being overwhelming.

ESSENTIAL OILS

WHEN: Monday, January 23, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

FEES: \$10 per person, CLASS REQUIRES PRE-REGISTRATION, PLEASE CALL 616-935-7807 to register

Learn why essential oils are becoming so popular! There are many household uses for essential oils that will eliminate some of the chemicals in your home. How do essential oils work? What are the uses for them? Come to this fun and informative workshop and learn how to make a useful little gift to take home with you.

DARE TO BE 100

WHEN: Tuesday, January 24, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

D.A.R.E. to be 100 is based on the work of Dr. Walter Bortz, a longevity specialist. Learn the scientific fundamentals and tips based on research that have proven to be consistent in centenarians. Presented by Holly Lookabaugh-Deur, PT, DSc, GCS, CEEAA. Lookabaugh-Deur is a Board Certified Geriatric Clinical Specialist.

HEADACHE MANAGEMENT WITH EMILY JOHNSON, MD

WHEN: Monday January 30, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Do you suffer from every day or frequent headaches? This presentation will provide an overview of different types of headaches, what causes headaches, treatment options and when it's time to see a doctor for help. Emily Johnson, MD of Mercy Health Hauenstein Neurosciences, will be providing education and answers on this common ailment.

FROM COUCH TO YOUR FIRST 5K

WHEN: Tuesday, January 31, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Join Jamie Morris, MSPT, OCS, COMT from NOCHS Physical Therapy team and orthopedic clinical specialist for a realistic and safe program to prepare you for your first 5K! Morris will discuss common roadblocks to success and how to avoid common start-up aches and pains.

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HEART HEALTHY GROCERY SHOPPING - D&W GROCERY STORE TOUR

WHEN: Friday, February 3, 12:00 PM

WHERE: D & W, 1116 Robbins Rd., Grand Haven

PLEASE CALL TO REGISTER, 616.935.7807.

Do you try to shop for healthy foods, but get confused and overwhelmed the minute you step into the store? Learn how to shop heart healthy. Sarah Portenga, Registered Dietitian at NOCHS, will be providing an entertaining and educational tour of D & W, 1116 Robbins Rd., Grand Haven. Space is limited.

WHAT IS CANCER? WITH DR. JAMES NIEWENHUIS, PATHOLOGIST

WHEN: Monday, February 6, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

February 4 is World Cancer Day and it opens up an opportunity to discuss this disease in further detail. Everyone knows someone who has either survived or died from cancer. What is cancer? What causes cancer? What is a pathologist? And how does a pathologist diagnose cancer? These questions and more will be discussed by Dr. Jim Niewenhuis, Pathologist at NOCHS.

KIDZCARE SERIES: FEEDING STRATEGIES FOR SENSORY ISSUES

WHEN: Tuesday, February 7, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Lauren Geers is a Pediatric Occupational Therapist with specialized training in helping families with children who have food texture sensitivities. Geers will teach how to detect potential issues with common sense solutions to prevent and manage mealtime problems for sensory kiddos.

WOMEN'S HEALTH SERIES - WOMEN AND HEART DISEASE WITH DR. THOMAS HILL

WHEN: Monday, February 13, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

February is heart month, which raises awareness of heart disease in women. Heart disease is the leading cause of death for both men and women in the US, but it often can be prevented. Education of heart disease is key. Join us as Thomas Hill, MD of West Michigan Cardiology will be discussing how heart disease is different in women than men. Learn what the risk factors are, symptoms to look for, how to prevent heart disease.

COMMUNITY BLOOD PRESSURE SCREEN

WHEN: Monday, February 13, 5:00-6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Do you know your blood pressure numbers? Come to a free blood pressure clinic prior to Dr. Hill's presentation and get your blood pressure screened. Enjoy some light refreshments and settle in to hear tips on how you can prevent heart disease.

KIDZCARE SERIES: MOTOR MILESTONES – NEWBORN TO AGE 2

WHEN: Monday, February 20, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Jen Bastian is a certified Neuro-development Therapist and Physical Therapist with years of pediatric care experience. Join her to discuss those important first two years of motor skills, what to look for and learn how to promote a healthy physical start for your child.

WOMEN'S HEALTH SERIES - MAGICAL MID-LIFE MOMENTS WITH DR. TABATHA BARBER

WHEN: Tuesday, February 28, 6:00 PM

WHERE: NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Midlife hormonal changes can bring all kinds of not-so-fun symptoms. Join us as North Ottawa Medical Group's, Tabatha Barber, DO, discusses some of the challenges you may be experiencing at this stage of life. She will cover many of the symptoms you may be experiencing and provide education on what is going on. She will also talk about the many treatment options that women have in their forties.