

WHAT'S EATING YOU? A PERSONALIZED EATING PLAN THAT FEEDS YOUR SOUL**WHEN:** Monday, March 6, 6:00 pm**WHERE:** NOCH Community Room, 1061 S. Beacon Blvd, Use Four Pointes entrance

Let's face it, dieting can cause weight gain. So stop dieting and embrace a new mantra of "All Foods Fit". Mary Cunningham, RD at NOCHS, will help you identify and manage emotional eating so you can develop a personalized eating plan that feeds your soul. Mary is a self-professed emotional eater, who has successfully kept off 30 pounds for the past four years.

PEDIATRIC PLATFORM: MOTOR MILESTONES - AGES 3 - 5**WHEN:** Tuesday, March 7, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Jackie Bradley is pediatric focused Physical Therapist who will discuss motor development for the three to five year old. Her goal is to help parents with realistic expectations and time frames for skills such as hopping and skipping, and how to recognize delays that may need a little help.

LONG TERM CARE PLANNING**WHEN:** Tuesday, March 7, 6:30 pm

WHERE: The Main Dining Room at North Ottawa Care Center at Heartwood Lodge, 18525 Woodland Ridge, Spring Lake
Please join us for an hour of information on Long Term Planning. Anna Duggins, Elder Law Attorney from Parmenter & OToole will discuss the Michigan Medicaid laws that apply to both a single and a married person, determine Medicaid eligibility, how to keep your loved ones assets protected & maximize those assets and reviewing the application process. Timing is everything. Come hear from the experts.

WOMEN'S HEALTH: PELVIC PROLAPSE & URINARY INCONTINENCE**WHEN:** Wednesday, March 8, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Join us for an Urinary Incontinence and Pelvic Prolapse Seminar with NOCHS' Medical Director, Samir Hamati, MD, Board Certified Urogynecologist. Despite how common Pelvic Prolapse is, women often do not address it, because they are embarrassed or don't know about readily available treatment options. But there is help. Hear how robotic surgery is fastbecoming the gold standard for permanently correcting pelvic prolapse in the least invasive way possible.

THE BASICS OF GRIEF**WHEN:** Monday, March 13, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Grief is a natural response to losing someone or the loss of something that is important to you. We all experience grief. Join us to learn about the natural and normal grief response. Justine TerHaar, LMSW, will also talk about supporting friends and loved ones who are experiencing a loss. Grief support services that are locally available will also be reviewed.

PEDIATRIC PLATFORM: FACILITATING COMMUNICATION SKILLS**WHEN:** Tuesday, March 21, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Dave Eilers, elementary school teacher and Speech-Language Pathologist, will share key milestone in language development for toddlers and young children. From his unique background and experience, Eilers will highlight common problems and discuss options for interventions in the home setting.

WOMEN'S HEALTH: ADOLESCENT HEALTH WITH LISA VEACH, NP-C**WHEN:** Tuesday, March 28, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

The teen years are full of changes in all areas of life; socially, physically, and emotionally. North Ottawa Medical Group's Lisa Veach, NP-C, will discuss some of the changes your teen will be experiencing. She will provide information on normal adolescent health and common physical and emotional challenges in adolescence. She will talk about preventing sexually transmitted infections, sexual health and birth control options, as well as, explain why it is important for an adolescent young woman to see a Gynecologist. Sometimes these conversations can be awkward for parents; we encourage both mothers and daughters to attend this important discussion.

UNDERSTANDING PELVIC PAIN**WHEN:** Tuesday, April 4, 6:00 pm**WHERE:** NOCH Community Room, 1061 S. Beacon Blvd, Use Four Pointes entrance

This important topic will shed light on the wide variety of sources of pelvic pain and resources and solutions for each type of problem. As a certified pelvic floor physical therapist, Dr. Katie Garcia, PT, DPT, PRPC, will review the mechanical source of pelvic pain and options for care.

HIP PAIN**WHEN:** Tuesday, April 11, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

When is it time for surgery? If hip pain is interfering with your everyday life, this is the place to get answers. Our speaker, Dr. Dabrowski of Grand Haven Bone & Joint, will be discussing both non-surgical and surgical options for hip arthritis including pros and cons of each. He will also talk about the latest in surgical techniques including the benefits of Anterior Approach Hip Arthroplasty.

WOMEN'S HEALTH: PELVIC PROLAPSE & URINARY INCONTINENCE**WHEN:** Wednesday, April 12, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Join us for an Urinary Incontinence and Pelvic Prolapse Seminar with NOCHS' Medical Director, Samir Hamati, MD, Board Certified Urogynecologist. Despite how common Pelvic Prolapse is, women often do not address it, because they are embarrassed or don't know about readily available treatment options. But there is help. Hear how robotic surgery is fastbecoming the gold standard for permanently correcting pelvic prolapse in the least invasive way possible.

LOW VISION MANAGEMENT**WHEN:** Monday, April 17, 6:00 pm**WHERE:** The Main Dining Room at North Ottawa Care Center at Heartwood Lodge, 18525 Woodland Ridge, Spring Lake
As a low vision specialist, occupational therapist Shannon Davis, MOTR/L will explore resources, treatments, and adaptations for low vision to maximize independence and function.**HERNIAS, THE DAVINCI ROBOT AND A HERNIA SCREEN!****WHEN:** Tuesday, April 18, 6:00 – 7:00**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

If you have a hernia, or think you may have one, this event is for you. Hernia repairs used to involve an open surgery and weeks of downtime. Now, because of robotic surgery, hospital stays are shorter, there is less scarring and you are back on your feet with less downtime. North Ottawa Medical Group's, Dr. Zachary Horton will be discussing hernias and the methods of treating them, and there will be a private hernia screening immediately after his presentation.

OH MY ACHING KNEE**WHEN:** Monday, April 24, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

If nagging knee pain is slowing you down, you will get some answers from Dr. Dirk Bakker from Grand Haven Bone & Joint on treatment options. He will be discussing both surgical and non-surgical options, as well as partial knee replacement and total knee replacements. Find out what your next steps are.

WOMEN'S HEALTH – FAMILY PLANNING IN 2017**WHEN:** Tuesday, April 25, 6:00 – 7:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Planning a family in 2017 has many different options and considerations. North Ottawa Medical Group's, Melissa Kushlak, DO, will be providing education on options for birth control and how to prepare for pregnancy when you're ready! She will be discussing the many available options for birth control on the market and also discuss how to prepare to stop your birth control and plan for pregnancy.

LET'S GET ORGANIZED, PART 1**WHEN:** Monday, May 1, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Do you have all of your important legal documents and information organized for your loved ones? It's a tough thing to think about but such an important step to do. Join us as Anna Urick Duggins, Attorney and Elder Law Specialist, leads this workshop on how and what to organize for safe keeping for you and your loved ones. She will provide step by step information and a checklist for your "homework". This class concludes on May 22, where you will put it all together in an organized binder leaving nothing to chance.

RUNSTRONG – STRATEGIES FOR SUCCESSFUL LONG RUNS**WHEN:** Tuesday, May 2, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

An avid and accomplished runner, Dr. Scott McKeel, PT, DPT, will discuss training and cumulative trauma prevention strategies for the long distance running. He will share secrets of his very successful "RunSTRONG" program, and has tips for any level of runner to improve performance and fun while running.

COMMON HAND INJURIES**WHEN:** Tuesday, May 9, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

The hand is an intricate part of the anatomy with so many bones, joints, muscles and tendons that we use every day without thinking about it. If you are experiencing problems with your hands, join us as Dr. Baszler of GHB&J will discuss common hand injuries such as trigger finger, arthritis, cyst removal, carpal tunnel, and so on. He will discuss how to avoid injuries as well as the various treatments options.

SUCCESSFUL STROKE SURVIVORSHIP: THE LONG TERM PLAN**WHEN:** Monday, May 15, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

As a neuro-developmental specialist and physical therapist, Dr. Warsinske, PT, DPT, will discuss the long road to recovery as well as the maintenance phases of neurological return of function and when to seek additional effective interventions.

LET'S GET ORGANIZED, PART 2**WHEN:** Monday, May 22, 6:00 pm**WHERE:** NOCH Community Room, South Beacon Plaza, 1061 S. Beacon Blvd, (Use Four Pointes entrance)

Now that you have had a couple of weeks to find all of your important life documents, tonight we will put it all together in an organized binder with Anna Urick Duggins and her experienced team of Elder Law Specialists. You have no idea how beneficial this will be to you and your loved ones when a life event happens and you have to make quick decisions while grieving the loss of a loved one. Be ready ahead of time and spare yourself and your family legal costs and confusion.