



**COCHISE COLLEGE**  
Center for Lifelong Learning

Nursing and Allied Health

## CANYON VISTA MEDICAL CENTER

### Conversations About Health Series

## Cochise College Downtown Center, Rm G106 - FREE

2600 E. Wilcox Drive, Sierra Vista, AZ 85635 | Ph. 520-515-5492



### The Invisible Part of Balance: What to Know to Stay Active for a Lifetime

By Monica Michalski, PT, DPT, OCS, Cert MDT, Cert Vestibular Therapist

Dr. Monica Michalski, physical therapist and balance specialist, will present on the hidden part of balance – the vestibular system. This system is vital for safe balance and mobility. Learn how to strengthen this system and rehabilitation exercises to improve balance.

**Tuesday, Feb 4**

**1 - 2 p.m.**

### Depression and Anxiety

By Emily Haberer, PharmD, MBA

*Dr. Haberer will discuss anxiety, depression, and the importance of mental health. Additionally, she will identify natural remedies for stress relief and mood improvement. Lastly, she will review common side effects of medications which can be used for treating anxiety and depression.*

**Tuesday, Feb 18**

**1 - 2 p.m.**

### The Effects of Menopause

By Misty Lucero, CNM, RNC-EFM

*Research shows menopause affects the body in more ways than what was once believed. CNM Misty will discuss the different stages of menopause, the early signs to watch for and the different options available to help ease the transition.*

**Tuesday, Mar 11**

**1 - 2 p.m.**

### Spine Health

By Max Berdichevsky, MD

*Dr. Berdichevsky will share his expertise knowledge on the spine issues we face as we age, ways to prevent deterioration and discuss options on how to regain mobility and strength.*

**Tuesday, Apr 1**

**1 - 2 p.m.**

### Diabetes: Prevention & Management

By Erin Hammond, PharmD

*Diabetes prevention and management is crucial for promoting overall health and reducing the risk of complications associated with the disease. Dr. Hammond will explore effective strategies for lifestyle modification, as well as the role of pharmacists in supporting patients through education and personalized care.*

**Tuesday, Apr 22**

**1 - 2 p.m.**

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**CanyonVistaMedicalCenter.Com**