



## **CANYON VISTA MEDICAL CENTER** Conversations About Health Series - Fall 2026

### **Cochise College Downtown Center, Rm G106 - FREE**

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



**Tuesday, Sep 1                      1 - 2 p.m.**

#### **The Future of Healthcare in Our Community**

By CEO Scott Avery

Join Scott, CEO of CVMC, for a discussion on the future of healthcare in our region. Learn how the hospital is expanding services, strengthening care teams, and staying focused on what matters most—our patients and community.

**Tuesday, Sep 22                      1 - 2 p.m.**

#### **Nutrition and Medicine: The Relationship and Importance of Both**

By CVMC Dietician, Anna Keefe

Nutrition and medicine go hand in hand—while medicine treats illness, good nutrition can help prevent it and support recovery. Anna, CVMC Dietician, will explain how a balanced diet aids healing and may reduce the need for some medications.

**Tuesday, Oct 6                      1 - 2 p.m.**

#### **Wound Care & Healing Support**

By Rebekah Ostrander MSN, RN

Learn about chronic and non-healing wounds, common causes, treatment options and when specialized wound care may be needed. Rebekah, Director of Wound Care, will also cover prevention tips, healing support and services available through CVMC's Wound Care Center.

**Tuesday, Oct 27                      1 - 2 p.m.**

#### **Understanding Diabetes & Healthy Living**

By Karina Habet, MD PGY-3

Learn about diabetes, common risk factors, symptoms and ways to manage the condition through healthy lifestyle choices, monitoring and medical care. Dr. Habet, an internal medicine resident, will also cover prevention tips and the importance of early detection and treatment.

**Tuesday, Nov 10                      1 - 2 p.m.**

#### **Understanding Anxiety & When to Seek Help**

By Maria Greer, LMSW

Anxiety is a common response to stress, but when feelings of worry, fear or overwhelm begin affecting daily life, it may be time to seek help. Maria, the BHU director, will discuss the basics of anxiety, common signs and symptoms, coping strategies and how to recognize when professional support may be beneficial.

Learn more about Canyon Vista Medical Center or Find a New Provider at  
**[CanyonVistaMedicalCenter.Com](http://CanyonVistaMedicalCenter.Com)**