

HEALTHTALKS

FEBRUARY 2019



Healthier, together.™

All HealthTalks are free and open to the public, but require reservations.

6 WEDNESDAY

Medical Portals: Using Your Device to Get Your Medical Information

North Canton Medical Center, 3-4:30 p.m.
Alex Gable, Telehealth Technology Analyst
and Kathy Zimmer, RN, MBA-HCA, BSN



Learn how to get your health information from the Aultman portal or your physician portal. This will be a 45-minute presentation followed by assistance in getting the application set up on your device.

6 WEDNESDAY

Robotic-Assisted Total Knee Replacement

Aultman Orrville Hospital, 6-7 p.m.
Steven Widmer, M.D., Orthopedic Surgeon



Come hear about how this new advancement improves accuracy, care and patient outcomes in total knee replacement using a robotic arm to assist the surgeon during surgery.

13 WEDNESDAY

Prevent and Reverse Heart Disease

North Canton Medical Center, 6-7 p.m.
Terry Tegtmeier, M.D., Cardiologist



Heart disease is the #1 killer. Join us to learn how coronary artery disease develops and how plant-based nutrition has been shown to prevent, stop and even reverse heart disease.

20 WEDNESDAY

Plant-Perfect Diet

North Canton Medical Center, 6-7 p.m.
Adene Keller, BSN, RN-C, Cardiac Rehab



Ever wonder about how to make your diet healthier? Learn how to start a plant-based diet shown to help prevent, stop and even reverse heart disease. Adene will discuss how to shop for and prepare heart-healthy food.

20 WEDNESDAY

Patch Me to the Portal

Aultman Orrville Hospital, 6-7 p.m.
Melinda Heath, BSN, RN, and
Valerie Tritt, Meaningful Use Analyst



Learn the ins and outs of using your Aultman health portal.

ABCs OF MEDICARE (presented by AultCare)

Learn what you need to know as you approach Medicare eligibility.

- **Tuesday, Feb. 12, 6 p.m.**
Aultman Alliance Community Hospital
- **Thursday, Feb. 14, 6 p.m.**
Massillon Recreation Center
- **Tuesday, Feb. 26, 6 p.m.**
Cleveland Clinic Union Hospital
- **Wednesday, Feb. 27, 6 p.m.**
Aultman Orrville Hospital
- **Thursday, Feb. 28, 6 p.m.**
North Canton Medical Center

LOCATIONS

Aultman Alliance Community Hospital

200 E. State St., Alliance

Aultman Orrville Hospital

832 S. Main St., Orrville

Cleveland Clinic Union Hospital

659 Boulevard, Dover

Massillon Recreation Center

505 Erie St. North, Massillon

North Canton Medical Center

Entrance A, 6046 Whipple Ave. NW, North Canton



COMMUNITY EDUCATION



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Presentations are for educational purposes only and do not in any way constitute professional advice.

REGISTRATION REQUIRED. Please register online at aultman.org/healthtalks or call 330-754-4508.

For additional educational and wellness classes, check out www.aultmancollege.com/community-ed.