

Tuesday, December 3

- Conversations About Health Series - Fall 2024 - 1:00pm

Wednesday, December 18

- EMS IN THE DESERT - 8:00am

Conversations About Health Series - Fall 2024

Time: 1:00pm

Canyon Vista Medical Center is excited to partner with the Cochise College Center for Lifelong Learning, for another health series!

These conversations about health talks will begin in September with The Importance of Bone Health. We then will have Patient Rights and Responsibilities and Wellness as We Age in October. Brain Attack - What You Need to Know in November, with our Fall series ending with The Importance of Heart Health in December.

Make sure to save the dates, because you won't want to miss these topics!

The Importance of Bone Health

By The Bone & Joint Institute Team

The Bone & Joint Institute Team will share ways to prevent bone deterioration and other preventative measures that should be added to our daily routines. They will also cover the process of aging within our skeletal system.

Tuesday, Sep 10 1 - 2 p.m.

Patient Rights and Responsibilities

By Amy Heise, M.A. CCC- SLP

Amy Heise, Quality Manager, will discuss patient rights & responsibilities as basic rule of conduct between patients and providers as well as the institutions and people that support them. Your health and well-being depend on a clear, informed, respectful, and collaborative effort between you and your providers.

Tuesday, Oct 1 1 - 2 p.m.

Wellness as We Age

By Hashim Khan D.O.

Dr. Hashim Khan, internal medicine resident at Canyon Vista Medical Center will engage in a variety of topics for healthy aging; including ways to improve mental and physical health, and the social aspect of aging.

Tuesday, Oct 22 1 - 2 p.m.

Brain Attack - What You Need to Know

By Yanny Phillips, DO, PhD

Stroke, also known as "brain attack", is the second leading cause of death and the third most common reason for long-term disability in the world. Dr. Yanny Phillips, Neurology, will review current treatment guidelines and give tips for healthy lifestyle choices to help decrease the risk of having a stroke.

Tuesday, Nov 12 1 - 2 p.m.

The Importance of Heart Health

By David Cohen, MD

Dr. Cohen, Interventional Cardiology, shares his expertise on how to keep your heart healthy. He will discuss preventive care, ways to turn back time and the benefits of early care when you have been diagnosed with a heart disease .

Tuesday, Dec 3 1 - 2 p.m.





Cochise College Downtown Center, Rm G106 - FREE

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

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Learn more about Canyon Vista Medical Center or Find a New Provider at
CanyonVistaMedicalCenter.Com

EMS IN THE DESERT

Time: 8:00am

Prehospital Conference

Join us for the 4th EMS in the Desert conference hosted by Canyon Vista Medical Center in partnership with local fire departments, air providers, neighboring hospitals, regional EMS committees, and Cochise Community College! Tune into captivating lectures, practice your skills, learn new techniques, and network with other prehospital providers while receiving continuing education hours.

Educational Topics

Trauma
Cardiology
Burns
Toxicology
Pediatrics
Obstetrics
Mental health

The conference is free of charge and lunch will be provided

DECEMBER 18TH 8AM – 5PM | Cochise College Main campus – Community Building

DOORS OPEN AT 7:30AM

