

**Robotics, New Techniques in Minimally Invasive Surgery**

1/27/04

7 p.m., 1 hour

(Note: This class begins one hour later than scheduled in the Health & Wellness catalog) Presented by Dr. Ramsey A. Araj, Medical Director of Washington Hospital's Institute of Minimally Invasive and Robotic Surgery

Learn about the new surgical robot that imitates form and function of a human arm with micro-wrist capabilities. Remarkably precise, robotic technology allows our physicians to remove gallbladders, repair hernias, remove prostate cancer, and perform major cancer resections and chest surgeries.

Location: Conrad E. Anderson, MD, Auditoriums

To register: Health Connection, (800) 963-7070

Are you at Risk for a Heart Attack?

2/03/04

1 p.m., 2 hours

Presented by Dr. Ash Jain, M.D., Washington Hospital Medical Staff Cardiologist and Lori Roffelson, R.D., Washington Hospital Certified Diabetic Educator and Clinical Registered Dietitian

Heart attacks are the leading cause of death among both women and men and can happen at any age. At this seminar, you will learn about the risk factors and ways to prevent a heart attack. You will also learn tips on how to eat properly for a healthy heart. Location: Conrad E. Anderson, MD, Auditoriums

To register: Health Connection, (800) 963-7070

Preparing for Pregnancy and Nutrition During Pregnancy

2/10/04

6 p.m., 2 hours

Presented by Dr. Craig E. Johnson, M.D., Washington Hospital Medical Staff Obstetrician and Gynecologist and Anna Mazzei, Washington Hospital Certified Diabetic Educator and Clinical Registered Dietitian

Pregnancy is an eventful part of a woman's life. Learn health tips and about how you can prepare for pregnancy and stay healthy during pregnancy.

Look out for more classes in February and March:

Heart Failure/Heart Arrhythmia (2/17)

Hepatitis C, Causes and Disease Process (2/24)

Domestic Violence (3/11)

Colon and Rectal Cancer (3/16)

Women's Health Issues (3/30)