



Ascension

Southeast Michigan Community Health

January-March 2023

All lectures are free and virtual. To register for participation, please call **248-849-5752**. If you prefer, you can register by **clicking directly on the (Day and Time)** for each event to access a direct link to register.

Understanding Neck Arthritis and Treatment

[Wednesday, January 11, 5-6 p.m. EST](#)

Learn about neck arthritis and treatment options

Presenter: Joseph Maslak, MD

Center for Orthopedic Research and Education;
Ascension Providence Hospital-Novi Campus

Macomb Oakland Webber Cancer Center

Employment Series Pt 1: Resume Writing

[Wednesday, February 8, noon-1 p.m. EST](#)

Learn some tips and tools for writing that resume that will stand out and get the job.

Oncology: Preventative Screening Guidelines

[Thursday, January 19, noon-1 p.m. EST](#)

Presenter: Amy Shepard DO

Associate Program Director, Ascension
Providence Family Medicine Residency

Cardiology: Heart Disease & Hypertension

[Thursday, February 23, noon-1 p.m. EST](#)

Presenter: Amy Shepard DO

Associate Program Director, Ascension
Providence Family Medicine Residency

Relax and Learn Yin Yoga Series: Join us and the **GAVINI Center for Cancer Prevention** lecture of the month series. After the lecture wind down with **[Yin Yoga, noon-12:30 p.m. EST](#)**

Presenter:

Carmen Stokes, PhD, FNP-BC, RN, CNE

Cervical Cancer and HPV prevention

[Wednesday, January 25, 11 am-noon. EST](#)

National Cancer Prevention Month

[Wednesday, February 22, 11 am-noon. EST](#)

Colorectal Cancer Prevention Month

[Wednesday, March 22, 11 am-noon. EST](#)

Employment Series Pt 2: Job/Career Search

[Wednesday, March 1, noon-1 p.m. EST](#)

S.L.I.P. (Senior Lifestyle & Injury Prevention)

[Tuesday, March 14, 1-2 p.m. EST](#)

Presenter: Belinda Kabodian, RN, BS,

Ascension SE MI Community Health

Hazards found in the home and environment that can lead to falls and injury. Learn ways to keep you mobile and independent.

Deep Breathing to Keep Your Lungs Healthy

[Monday, February 6, 1-2 p.m. EST](#)

Learn deep breathing exercises for healthier lungs.

Presenter:

Dr. Tarik Hadid, MD, MPH, MS, FACP

Endocrinology: Diet & Nutrition...

[Thursday, March 23, noon-1 p.m. EST](#)

Presenter: Amy Shepard, DO

Associate Program Director, Ascension

Providence Family Medicine Residency