



NORTHSIDE HOSPITAL

GWINNETT • DULUTH



Wellness Wednesday Upcoming Events

Don't Go Breaking My Heart—How to Stay Out of Your Cardiologist's Office

Dr. Martin Siegfried from Cardiovascular Group

Wednesday, February 22, 12-1 pm

Join Zoom Meeting:

<https://northside.zoom.us/j/89436677287?pwd=M21SRVpFdU1rVXNWZ3cxK3NxN21BZz09>

Meeting ID: 894 3667 7287 **Passcode:** 474840

Home Safety and Fall Prevention

Ashley Bailey, OT from Northside Gwinnett's Rehab Services Team

Wednesday, March 15, 12-1 pm

Join Zoom Meeting:

<https://northside.zoom.us/j/87428658066?pwd=cGF0S2R4U1AzcC85RTg0bEVFbnlnUT09>

Meeting ID: 874 2865 8066 **Passcode:** 516396

Interpreting Lab Results for Men's and Women's Health

Speaker TBD

Wednesday, April 26, 12-1 pm

Join Zoom Meeting:

<https://northside.zoom.us/j/86411018616?pwd=T2NESmN0UWhCTVdmOGZVVGgyS2Jjdz09>

Meeting ID: 864 1101 8616 **Passcode:** 078488

Pelvic Health and Rehabilitation Options

Pelvic Rehabilitation Therapist Caroline Helgeland, PT

Wednesday, May 10, 12-1 pm

Join Zoom Meeting:

<https://northside.zoom.us/j/81053649776?pwd=c3ZPWtQveTRJWVpMSisybVZiOWZFz09>

Meeting ID: 810 5364 9776 **Passcode:** 582729

What is Wellness Wednesday?

Wellness Wednesday is a monthly health and wellness series offered by Northside Hospital Gwinnett through Zoom. Each presentation will take place on a Wednesday from 12 – 1 pm and will feature a physician/healthcare expert presenter speaking on a particular topic of interest. Topics will be chosen based on monthly observances, hot issues of the moment, as well as feedback from our attendees. Both the presentation and the time for Q&A will be kept to within an hour timeframe so as to accommodate most schedules.

What is the Cost?

No cost; this is a free series available to anyone who wishes to join the meeting.

How Can I Participate?

Emails will be sent with our scheduled presentations and the links to join so that you may share with your employees/patients/residents/friends. Each presentation will be recorded, so please ask your employer/physician practice if you would like to view the presentation at a time other than the scheduled meeting.

Questions?

Please contact Joanna Phillips or Keisha Lumpkins, Physician Liaisons at Northside Hospital Gwinnett and Northside Hospital Duluth:

Joanna: Joanna.Phillips@Northside.com or 770-503-5051

Keisha: Keisha.Lumpkins@Northside.com or 678-733-3201

We look forward to seeing you!