



NORTHSIDE HOSPITAL

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Wellness Wednesday Upcoming Events

7 New Year's Resolutions You Can Keep—

Rewiring the brain toward healthy habits versus the scale

Lois Vergis, MS, RD, LD, CDCES from Northside Diabetes and Nutrition Education

Wednesday, February 7, 12-1 pm

Join Zoom Meeting

<https://northside.zoom.us/j/87226465898?pwd=WVBoS3RGREFBamd1Yi9meGp3Ui9BUT09>

Meeting ID: 872 2646 5898 Passcode: 649136

Gout vs. Pseudogout: Similar Yet Different Causes of Crystal-Induced Arthritis

Yeohan Song, MD, Rheumatologist with Northside Hospital Diagnostic Clinic

Wednesday, March 27, 12-1 pm

Join Zoom Meeting

<https://northside.zoom.us/j/86981623234?pwd=amhFRDBENktmdDc5UjFEN2QvNGRYOT09>

Meeting ID: 869 8162 3234 Passcode: 692963

Pelvic Health and Rehabilitation

Caroline Helgeland, PT, DPT from the Northside Gwinnett Outpatient Center

Wednesday, April 17, 12-1 pm

Join Zoom Meeting

<https://northside.zoom.us/j/87562834877?pwd=eXQwa2NuMGh5Q2tJdmFqdnpzR0R4dz09>

Meeting ID: 875 6283 4877 Passcode: 249966

Urinary Incontinence in Women – From Start to Finish

Robert Fisher, MD from Georgia Urology

Wednesday, May 8, 12-1 pm

Join Zoom Meeting

<https://northside.zoom.us/j/85077581782?pwd=aHEXdDITdFRWVFZmVEZOR1QwTW5GUT09>

Meeting ID: 850 7758 1782 Passcode: 650225



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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!