



## **Weekend Wellness Seminars at The Heathman Hotel**

***Spring 2010 Event Date To Be Announced – Please Check Back***

Penterra Spa, in partnership with Evergreen Hospital Medical Center has begun quarterly Weekend Wellness Seminars. The programs bring the latest medical information and health tips to the public in the luxurious setting of Kirkland's Heathman Hotel. Held on a Saturday from 10 – 2 pm, the format includes break-out sessions, key note speakers, lunch and refreshments.

Previous Weekend Wellness Seminars held included:

January 30: "Make the Time For Joy"

***Keynote Presentations:***

***Define Your Wellness***

Monique Giroux, MD, *Medical Director Booth Gardner Parkinson's Care Center, Evergreen Hospital Medical Center*

***Gratitude - The Power of Thanks***

Donna Oiland, *co-author of Creating A Legacy*

*Spiritual Care Department, Evergreen Hospital Medical Center*

October 10: "Breast Health Education"

***Keynote Presentations:***

Michael Hunter, MD. *Medical Director of the Evergreen Hospital cancer program. Beloved by patients and families for his caring and personal attention, he has been voted a top doctor in every Seattle area magazine survey. Dr. Hunter serves many boards including the Susan G. Komen Foundation, WA State Breast and Cervical Health Project and Cierra Sisters.*

***Comments from past events:***

"Very enjoyable. I appreciated the time and effort and thought involved with putting this together. I am grateful for the motivation".

"Maybe serve some coffee in the morning...other than that, it was absolutely WONDERFUL. Thank you!"

"The time of day is perfect. It wasn't too early."

"What a great crew!"

"Great fee for this class. We enjoyed the lectures and services"

"Food was excellent. We do need coffee though!"

"Thank you – comfortable atmosphere. Lunch was delicious. Time was great. Location was great."

THE  HEATHMAN HOTEL

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