

Community Health Forum at New Milford Hospital

An awareness and education program connecting the ideas of healthy food choices, disease and cancer prevention habits, and lifestyles with information and resources available to inspire changes in behavior.

<p>Wednesday March 22, 2017</p>	<p>6:00 pm dinner New Milford Hospital Café 6:30 pm <i>Colorectal Cancer Prevention and Awareness</i> Speaker: Surgeon Kirstin Pilchard, MD</p>
<p>Wednesday May 17, 2017</p>	<p>6:00 pm dinner New Milford Hospital Café 6:30 pm <i>Melanoma and Skin Cancer Prevention and Awareness</i> Speaker: Surgeon Kirstin Pilchard, MD</p>
<p>Wednesday September 20, 2017</p>	<p>6:00 pm dinner New Milford Hospital Café 6:30 pm <i>Palliative Care: What is it? Who benefits? How, when to implement it?</i> Speaker: Karen Mulvihill, DNP, APRN, FNP, ACHPN, Director of Palliative Care Services WCHN</p>
<p>Wednesday November 15, 2017</p>	<p>6:00 pm dinner New Milford Hospital Café 6:30 pm <i>Stress: Is it normal? When does it become unhealthy? Why is managing it important?</i> <i>The Mind Body Connection and Strategies for Stress Management, Demonstrations</i> Speakers: Alexandra Chalif MS, MP, Marcia Engle, QTTP and Lisa Marie Lee, Certified Kripalu Yoga Instructor of the Integrative Medicine & Wellness Services at New Milford Hospital</p>



PLOW TO PLATE®
A COMMUNITY COALITION SUPPORTING LOCAL FARMERS & HEALTH
 SPONSORED BY NEW MILFORD HOSPITAL



Come enjoy a healthy and affordable meal created by New Milford Hospital's award winning **Plow to Plate Program** in partnership with Unidine Corporation.

The 6 pm dinner in the NMH Café includes soup or salad, entrée with two sides, coffee.

Dinner cost per person **\$8.50**. Pay at the register in the café.

Informational program free | 6:30 p.m. **Robison Room**

Registration preferred 72 hours prior to date of program.

Call **860-210-5302**.